

SAI MESSAGES

for

YOU and ME

volume II

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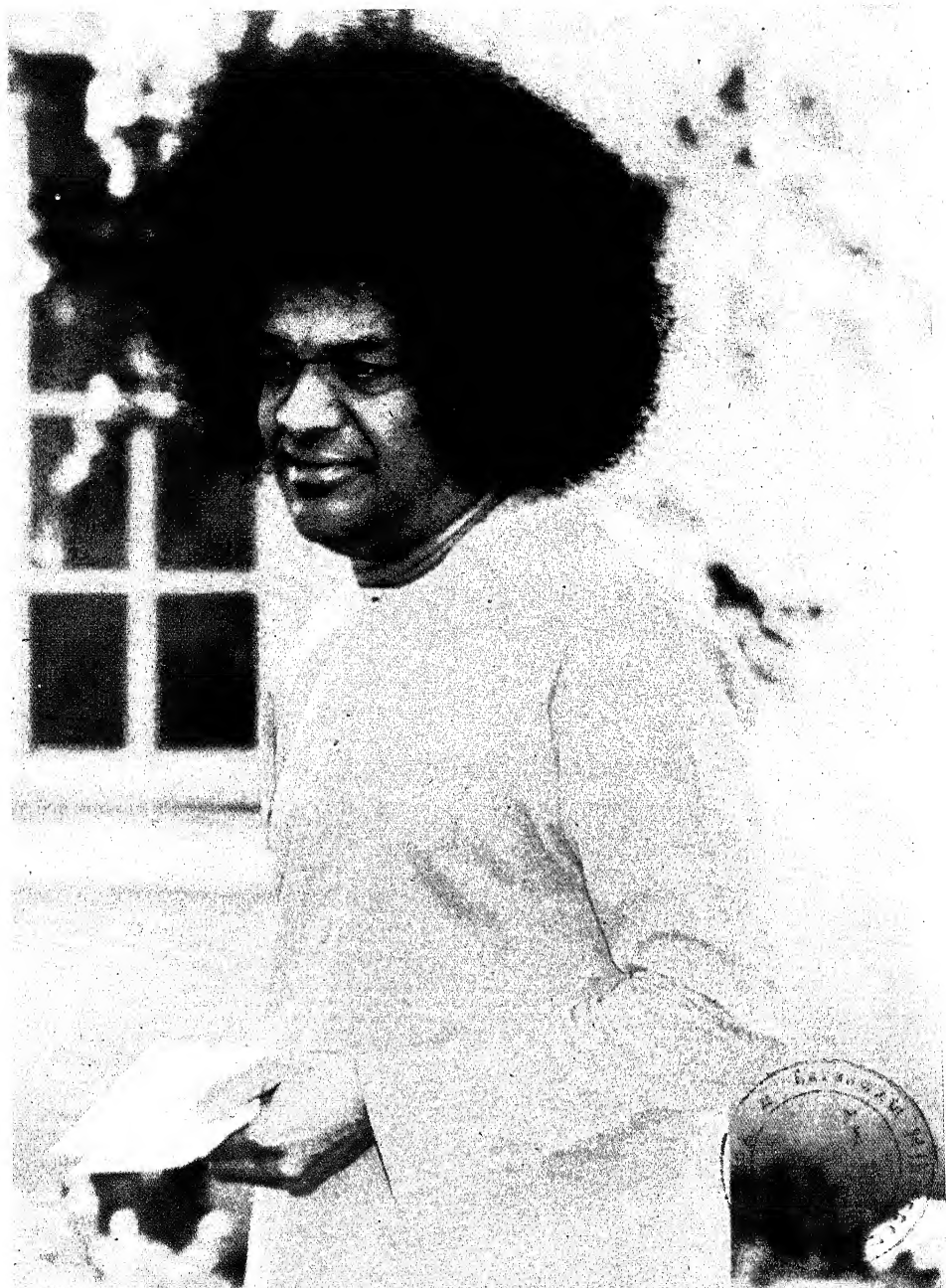
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Lucas Ralli



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FOREWORD

by George Trevelyan

In our time, channelling and communication with the higher worlds becomes a very important issue. The movement of spiritual awakening sweeps across the world. Everywhere people are grasping the holistic vision, realizing the great truth that the earth is a living creature, an organism with its own sensitivity and thinking. We human beings, rightful stewards of the planet, are destroying its life through avarice, greed and ignorance. Now we learn to see that humanity is the crown of nature, that point where nature becomes self-conscious and can think out into the universe. We discover that apparently empty space is a vast ocean of life, thought and love. And this is God, ubiquitous, everywhere and always. The oneness vision leads us to identify with the totality of humanity as an immense being of unlimited potential. Each of us is a cell of that Great Being and we are each a droplet of that same divinity, which is axiomatically immortal and imperishable. In our death-ridden culture, we discover the great truth that for this divine entity there can be no death, for it is a spark of God, housed in the temple of a body.

The urgency of our dramatic age of change assuredly calls for the closest links with the higher intelligences of the divine world. The very salvation of humanity turns on this co-operation and help. It is the major factor wholly ignored by our politics and economics. God can no longer be left out of account, and He is on the march. With the holistic world view comes the great realization that God and the angelic world speak to us within our own thinking. We have been so used in the past centuries to rely on the onlooker's consciousness. We have felt ourselves apart from nature with a right to control and "conquer" it . . . for profit! Now nature is hitting back and it becomes clear that the planet is to be cleansed. Humanity is called upon to co-operate with the living energies and beings of higher worlds.

Thinking is an instrument for knowledge. We have to learn to use mind to blend with the ocean of mind and experience the thinking of our angelic guides and teachers and of God Himself in our own hearts. Here is the wonder. It implies that there is no limit to human potential. Here is the great hope that can carry us through a time of change and crisis. Indeed,

this is the clue to the spiritual awakening. And, at this time, God appears on earth in the person of Sathya Sai Baba.

Lucas Ralli has established so close a link with Sai Baba that he is able to attune to Him and listen with his own thinking to the teachings of this Great Being.

This book is of wonderful importance. Reading the messages, one can really feel that the divine Avatar is speaking within our own hearts—which is precisely what He is doing, for He claims that, being everywhere, He knows each one of us and all about us. Yet the spirits of light will never interfere or constrain, since mankind has been given freedom to grow into a co-creator and friend of God. This is the situation in this dramatic age, when we approach the culmination of aeons of evolution. It is vitally important that we attune NOW to the great angels of the light. Once we have truly turned to God, there is nothing to fear. This is the most exciting age in which to be alive, and we each have a part to play in the great drama now unfolding.

This book is an example of channelling at its best. It has immediate personal appeal. There is no need to be a “devotee” of Sai Baba to make use of these messages for meditation. Each page carries an energy of love and life which can illumine understanding and fire the heart. Indeed, it is to be hoped that a great many people will discover this precious volume. It brings to us the sense that God is truly working within our hearts and minds as a personal friend, and that the love that floods from Him unites us to all other human beings in true brotherhood.

We approach an awakening, a cosmic birth. Humanity, as a total integral being, is in a pre-birth condition, and the tremendous event is taking place through each of us. We are on the threshold of a new Golden Age, when love can flood the planet and sweep away the present evil. Yet, our personal initiative and understanding are vital. If we can be open to receive these teachings, we can all of us be filled with the joy of knowledge that God is in our hearts and within all living things.

For God is life. Life is God. Love is Himself flooding alive throughout the darkened world wherever a heart will turn to Him and give Him entrance.

So, read these teachings and rejoice, for they channel love and truth and offer a wonderful companionship for each of us.

George Trevelyan

INTRODUCTION

This new volume of SAI MESSAGES is being published in response to the requests of many devotees and others who have read the first volume and found the messages of great help and comfort. It is also blessed by Bhagavan Baba who has said from the very beginning that I must share these messages with others: without His instruction I should find it difficult to make public what can so easily be misunderstood.

The last message in the book, opposite the photograph on the inside of the back cover, refers to an apport which appeared a few days ago. I had been working at my desk in the early morning and went downstairs to collect something. When I returned, just two minutes later, I found the apport, sitting on top of my working papers, right in the middle of my desk. This was a new experience, so I decided to ask Baba if He had sent it. His message gives the answer.

A little later, I asked Baba if the picture of the apport should be included in the book. He replied:

"My child, I have sent this to you as a token of My love. I send a message of love to the world through your book, and this picture is there to be included."

During the last few years, many people have asked me how I receive the messages. Clearly, it is a thought process, the result of close attunement with Bhagavan Baba. In this state, the messages flow very easily, often in response to questions. It is therefore a two-way communication and, at the time, I feel as though I am with Baba, just talking to Him

SAI MESSAGES are intended for YOU and ME. I hope you will find them helpful, uplifting and comforting.

It is with love and joy that I offer this new book at the lotus feet of our Lord, Bhagavan Baba.

21st August, 1987,
1 Orsett Terrace, London W2 6AH.

Lucas Ralli

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THE DREAM OF MAN

The dream of man is to realise the truth, and through that realisation, to find fulfilment and liberation from the desires and attachments that bind him to the world and the constant cycle of birth and death.

The teachings are here in these messages and it is for you to decide whether or not you wish to put them into practice in your daily life. If you do, you will reach the goal and on your journey along the spiritual path you will begin to experience true happiness, joy and peace of mind. And eventually you will experience these under all conditions and circumstances, for that is the test, not just brief periods of peace and happiness but a permanent state, the state of perfect peace and absolute being. I am **THAT**, and when you reach the ultimate union with God, you too become **THAT**.

It is the goal, the dream, the end of the long journey through so many lives. These messages should inspire you and show you the way. Follow that path and put behind you the pattern of the past, all the endless desires and attachments that have led you nowhere, except into a wilderness. Your whole life has been clouded by illusion, with false values being placed on so much that is unreal, only transient.

Rise up, My children, and see the light while it shines so strongly right in front of you. How can anyone fail to see the divine light?

God is love and I am that love which I shower upon all of you. I will always be with you, even when you deny Me, for My love flows constantly, endlessly, everywhere at all times.



SATSANG

What is the reason that you gather together for *satsang* ? It is a gathering together of those on the path who have become awakened and who are looking for further help in finding their way ahead.

There are many paths, some of them leading nowhere. But, in *satsang*, through the divine teachings, you have the chance to find the right path and to see the way far ahead.

Nothing comes without effort. Prayer and incantations may help, but you need more than that to move far along the path. What is needed is action, action based on the divine teachings of the Lord.

Today you come together and you should experience the feeling that all are one. *Satsang* presents an opportunity to help each other spiritually and to see how you can help humanity when you return to your own homes.

Selfless service to mankind is the way to develop your spirituality, to turn away from the state of spiritual inertia, so widespread at present. Remember always that when you make a sincere effort, the Lord sustains you. The Lord's help is unlimited; the Lord's love is unlimited; but it is up to you to make the effort and lead your life in such a way that the divine power flows through you, and you become a beacon of divine love and light.

Awaken, awaken and see the light that shines all around you, if only you open your eyes.

Open your heart and become part of the divine whole, manifesting yourself at the highest level of consciousness so that you become completely at one with God in this lifetime.



CHILDREN

All children are the offspring of Almighty God who dwells in the heart of every living soul.

In their early years, Sai children are taught the truth that all are one and there is only God.

God, indeed, is love, that is the fundamental truth and the basis of all nature, God manifesting Himself everywhere, in every form and shape.

As the years unfold, the *karmic* patterns of the past lead to a great variety of experiences in the present life. Although the past cannot be changed, the problems caused by the past can be faced with fortitude once you learn to surrender everything to God. He is your mother and your father and He will take care of you and all your needs, once you surrender to His will.

Love is the key to a happy and fulfilling life because love is the God-force itself. That divine love can brighten your whole future and carry you forward on your journey so that you are unaffected by the ups and downs that you experience. You should remain full of joy at all times.

The Sai children of today are the leaders of tomorrow and they need every encouragement. As Christ said two thousand years ago, "Suffer the little children to come unto me, for of such is the kingdom of heaven."



BODY AND SOUL HARMONY

Cleansing of the body and of the soul come together. When the soul is disturbed, it delays the proper cleansing and healing of the body.

In cases of illness, rest is important and, during this period, the sick person should also try to look within and take stock of himself, his life, habits and beliefs, and his attitude to other people. It is necessary to come to terms with some aspects of the past, the way of thinking, particularly where it has been negative, something which is not conducive to spiritual progress or the establishment of harmony between body and soul. Therapy is required for both if you are to achieve inner peace and harmony, a tonic that heals all the ills of the body. When there have been many years of ill health, the change cannot take place overnight. It is a gradual process of readjustment. What is needed is a balance between body and soul, a body-soul harmony.

Change normally comes gradually as the inner awakening takes place, a process that can continue for several years. But, once that process has been put into motion, progress is the inevitable result, even if the evidence does not appear for some time.

I will help anyone if only they will turn to Me. What is needed is not a brief effort but a continuous contact with the Lord. If you could only understand the wholeness of the structure of the universe and learn to live, think and vibrate as part of the whole, as children of the omnipresent God, then harmony and inner peace would come to the body and soul and all your ills would disappear.

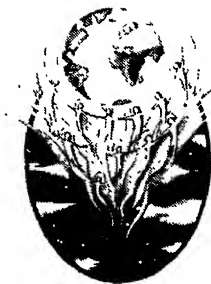
In spite of any beliefs that people may hold, most of them act and think

as if they were 1% spiritual and 99% material. This accounts for all the evil and other ills in the world today. Man has turned away from God and has chosen to live in a self-made wilderness. It is his own choice.

Intellectual assessment is not the solution to these problems. What is needed is positive action so that each day you move closer to God by being at one with Him throughout the day in all that you do. See Him as your shadow, always there beside you or behind you. Treat Him as part of yourself for that is what He is, not just an aspect of yourself, but your higher self.

Remember the words, "I am you, you are Me, all one, all God." Live in the certain knowledge that you and God are really one, even though you may seem so far apart. You yourself have chosen to move away, distracted by the material life which you are here to experience. But now you should begin to see the illusion of that side of life and move back towards truth and reality. See everything for what it really is and never become attached to anything on the material level. Then, and only then, will you find the way to re-establish complete harmony between body and soul and enjoy the perfect health that flows with it.





LOVE IS MY MESSAGE

LOVE is My message, the same love which I pour into the universe and which I shower upon each one of you. It is the most potent force in the universe and the greatest healer.

Where is that love now? Look at the people around you at this very moment, in this hall, and see if there are signs of that love in their faces and expressions. If so, it is a reflection of My love and they are allowing it to flow.

Love is in the heart and that is the home of the Lord, the omnipresent God. But, so often, the heart is blocked and love cannot flow. Man even separates himself from God, not physically, but in the mind. His thoughts become restricted to the material level and his whole life is controlled and directed by the desires of his senses. That is not good.

Man has free will and he exercises it in his own way, thus creating a distinctly individual future. What you see today is the result of the past, the direct result of a total past covering many lives. Every thought and every action is there, recorded for eternity. That is what man is, no more, no less. But he is still divine! He should come to realise this innate divinity and begin to exercise free will in such a way that he becomes master of his own life. Otherwise he will remain a slave to the senses and all the cravings that continually lead him astray.

Thoughts are much more powerful than you realise and they affect others around you, even in far away places. Watch your thoughts and try to turn them towards God so that you begin to follow the divine path, the only path which can lead you out of the wilderness and back into the light.

It is a path which eventually leads to liberation and release from the chains that bind you to the cycle of birth and death at the lower levels of consciousness.

My life is My message and it is a life full of love and bliss. You should learn something from it so that you, too, can experience the bliss that comes from an inner awakening and the rising up of the soul to the higher levels of consciousness.

Never before has there been such an opportunity for man to become awakened. Each one of you should seize that chance and put behind you the state of illusion which overshadows so many of your lives.

Move away from materialistic obsessions and try to see everything as it really is. So much of what you see is illusory, transient, without real value or meaning. Instead, look up into the heavens and visualise the glory of God. Look within, into your own heart, the temple of the omnipresent God. Know that He is there and that you and He are truly one.

I am that, you are that, all one, all God. This is the concept of unity and the whole, no separation, all part of the whole, for in truth there is only God.

It is love that will propel you along the spiritual path and that love is My love. It has unlimited power. Try to open your heart so that the love can flow; then your whole life will be transformed. And when the love flows freely, you can begin to help others and guide them along the same spiritual path, so that they too can experience the bliss that is there for everyone.

All are on the same path and all have the same goal: liberation and the ultimate merging with the omnipresent God. It is only through love that man can reach that goal.

God IS love. Live in love.



THE MIND

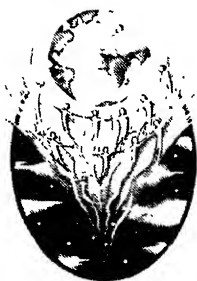
Animals are My children, My creation, and they are closer to nature than the human race. The love which they reflect is clearly visible because their minds are not distracted by the thoughts that occupy the mind of man and disturb him so much.

Man is full of worries of every kind and he is easily overcome by desire. Concern about possessions, money, property, cars, jobs, position and so many other things fill his mind. How can such a man reflect the love of God while his mind is saturated with such thoughts, and when all these things mean so much to him?

The mind is like a lake. When the water is calm, the rays of the sun are reflected on the surface of the water, like a mirror. But if the water is disturbed because the wind is blowing, then there is very little reflection.

Man must learn to control his mind. It is disturbed because he gives false values to the affairs of the world and associates himself with all that is going on around him. Instead, he should remain detached from all that and live in the world but not be part of it. He walks through a field but he does not become part of the field, so why should he become part of the world?

Man is divine, and if only he could remember that, he would see life so very differently: he would cease to be affected by so much of what goes on in the world.



WEALTH AND POSSESSIONS

It is not necessarily wealth and possessions which delay man's progress on the spiritual path but his attitude towards them.

Man must live, support a family and provide for their future. Later in life, that responsibility should be completed, and then he should spend his time and energy pursuing a more spiritual way of life.

Nothing on earth is permanent. Even your possessions and wealth do not really belong to you. You have them for the time being but, eventually, you will leave them all behind.

It is important to understand this because so many people become attached to their possessions. It is the cause of many problems and much worry. The same applies, but to a greater extent, to wealth. This should be used for good purposes while you have it, and not accumulated for its own sake. Sadly, many people spend much of their time concentrating on building up wealth. Even when they have it, there is usually the desire for more and more.

Giving is more rewarding than receiving and it brings its own joy as you see other people made happy or content through your acts. Give, give, give! Whatever you have, share it with those who are less fortunate.

And, above all else, give your love to everyone, for love is the most valuable possession which you will ever have. It is the only possession that is permanent and it is available in abundance.

Love is the life blood of everything, the most nourishing food that will ever exist. Fill yourself with that divine love and share it with the world around you.



THE NATURE OF MAN

My children, you should throw off the cloak of *maya* and manifest yourselves in life as you really are, children of God, part of God, God Himself, for the Lord lives in your heart and you are He, as clearly as He is you. Only when you understand this fundamental truth can you begin to manifest yourself at the higher levels of consciousness and reach out towards the divine state. But man tends to hesitate, fearing to give up his past attitudes and beliefs. And what does he really believe? Usually, the answer is “nothing”.

Man is so preoccupied with his search for sensory satisfaction and egotistic pleasures that he seldom stops to reflect on the true nature of life, nor does he think of looking inside or examining himself to contemplate the mystery of who he really is. Instead, he is constantly distracted by the apparent satisfactions and pleasures that can be obtained from material pursuits. He chases after this and that, always assuming that satisfaction lies at the end of the trail. But, in truth, there is no end to that trail; it simply leads him further and further away from the only path which could bring him the fulfilment he needs. That path is the spiritual path and it is shorter than he may think it is. The spiritual path leads him inside himself, for heaven lies within.

Start today on a new path and look inside yourself, contemplating the truth that heaven lies within, heaven being the unity of your soul with God.

You are a droplet of the divine, omnipresent, omniscient, omnipotent God. When you reach the state of the purified soul, it means that you constantly manifest yourself as I AM THAT, THAT I AM.

In all that you do, every thought, this over-riding awareness colours everything. You see the divinity within and without, everywhere, everyone and everything being an expression or manifestation of divinity. There is no place that I (the Lord) am not. I dwell in the heart of the sinner and the evil man, too, and I watch patiently as the timeless process of evolution continues its endless cycle.

Life is an expression of God and will always be. There is a continuous outpouring of new life into the universe with every breath of the Lord. Change is continually taking place and that change is the process of evolution.

All of you are the creation of God, all of you are on the same journey, all of you are part of the whole and all of you will, eventually, merge again with the source. This is the timeless drama that you can witness as you live out your lives.

All of you have the chance to find the truth and follow the path that will lead you out of your present difficulties. These difficulties stem from ignorance and the separation that comes into your lives when you follow the wrong path. But, if you look within and come to terms with yourself as you really are, divinity itself, then all your problems will be resolved. That divine state exists now, but only you can decide whether it is the goal you are seeking, or whether those unfulfilled desires must be satisfied before you turn inwards and come to terms with reality and the truth.

Contemplate these thoughts and know that what I tell you is the truth. The search along the path of materialism has no end and can never bring anything except temporary satisfaction which, by its nature, can only lead to more and more desiring. It is like a soap bubble, getting bigger and bigger as you blow in more air, and it gives the appearance of something that is beautiful and real. But, in the end, the bubble bursts and there is nothing at all.

Through your obsession with materialism, you are creating the same soap bubble. Look at that bubble very closely in case it reflects your own life, a blown up bubble which contains nothing of any real or lasting value.

My children, the time has come for change and a re-awakening of mankind. Examine yourselves now and make the changes that will lead you back to divinity.



BIRTHDAY 1985

Every year you celebrate My birthday and thousands of people come together from all over the world. These occasions should also be your birthdays, a time when you become awakened and prepare yourself for a better future.

While you are with Me, you have the unique opportunity to look within and concentrate your mind on what really matters, your own spiritual state. You should examine yourself and consider how you relate to God and all mankind. In what ways have you changed since you became aware of the divine Avatar and the teachings which He has brought to the world? Are you willing and ready to take those vital steps which would lead you towards divinity and release you for ever from the chains that bind you to the earth, and the cycle of births and deaths?

That is the true significance of My birthday, the opportunity which it brings to all of you to speed up your awakening and your journey along the spiritual path. But few of you take that opportunity, and it is a decision which only you can make. You have the freedom of choice, based on the free will that I have given to all mankind. I show you the way but I do not lift you from the lower levels of consciousness, if that is where you choose to remain.

Contemplate that thought, whether you are happy living at those lower levels, full of desire, yet never experiencing anything other than transient pleasures. It is a life of delusion and can never bring lasting happiness or peace of mind.

Humility is the sign of an advanced soul. It results from an understand-

ing of oneself and the nature of life and everything within it. When you witness true humility you will also see love flowing, for the one complements the other.

Look at the reverse and what do you find? Desire, greed, jealousy, anger and all the negative emotions. When you experience these, you should look within and consider at what level you are manifesting yourself. These negative emotions are a clear indication that you have not yet found the true spiritual path.

Awaken, My children, to the call of God and know that a divine life awaits you if you rise up and follow the teachings of the Lord. The chance is there for every one of you. The Lord waits patiently and observes everything, even every thought, for He resides in your heart. Perhaps today you will become aware of that divine spark, hidden away, just waiting to shine forth out of the darkness and illumine the world around you.





COMPASSION (I)

Compassion is akin to godliness. It is a reflection of God's love and the flow of His love to all around. It is an inner feeling when the heart is touched, the heart being the God within. Compassion grows stronger as man draws closer to God, realising that he and the God within are one.

The goal of man is to find God and return to the divine state where man and God are one. Love and compassion form the pathway, love first, for without love there can be no compassion. Open your hearts so that the love of God can flow freely. That is My message.

Look within to find the truth, to find God, then look without and see the same God-force everywhere, in everyone and everything.

When the awakening comes, love will begin to flow and the feeling of compassion will grow. You will see others as yourself, not just brothers and sisters, but children of the omnipresent God, all part of the same divinity.

The feeling of unity with all around you, with people, animals, birds, flowers, trees and all nature, brings with it a sense of inner peace and fulfilment as you recognise the totality of the whole as God Himself.

Love and compassion bring everything together in perfect harmony.



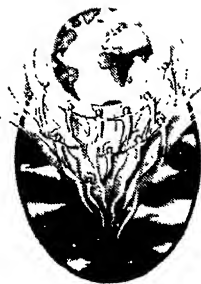
THE EVOLVING SOUL

As the process of evolution speeds up with the awakening of the soul, there is an acceleration of the cumulative effects of past *karmas*, so that the pattern which must be worked out can be worked out more quickly. The evolved souls, therefore, hasten their own *karmic* consequences to clear the way for a quicker move forward, knowing that ultimate liberation is within their grasp.

What is illness? It is a condition of the physical body. What is body? It is a vehicle for a particular life.

Illnesses are not so important; what matters is spiritual health. However, many people learn something from long periods of illness and it encourages them to look within to search for the real cause of their problems.

The more evolved souls have learnt to welcome problems of every kind, for each problem brings a new opportunity to progress. And as the evolved soul approaches the end of the journey, there are no problems or illnesses, as you understand them, just passing events which are observed, like a bird that flies past in the sky. The evolved soul is unaffected by events, illnesses or anything else and, instead, remains calm, happy and full of joy at all times, knowing that he and God are one.



SAI CONSCIOUSNESS

Sai consciousness is Sai awareness, awareness of Sai and all that Sai is. Sai is God, Sai is truth, Sai is love, Sai is ALL. Sai consciousness is your own consciousness and it is in all of you. But it is usually hidden away and seldom expresses itself.

You should make a new effort to discover yourselves, to discover the Sai within and release it so that you can experience the highest levels of consciousness. That is the way to God, to manifest yourself as divine and to escape from the dark clouds that hide the truth. Meditation is necessary, not only to look within but to reach those higher levels of consciousness that exist within man. See yourself as you really are, children of God on the path to divinity and, at the same time, divinity itself. At present, there is imbalance, lack of understanding, lack of communication, lack of direction and lack of love.

Through meditation you can rediscover your real self and establish your true identity as well as your relationship with God. This leads to an awareness that all are ONE and, from that point, you will cease to scheme against each other and to experience the jealousies that now exist. All such negative thoughts will slowly disappear and be replaced by love, My love, which flows everywhere. The opportunity to move out of the darkness and rise up from the lower levels of consciousness always exist.

Follow the path of Sai and then you will find peace and fulfilment. Any other path or way of life can never bring peace, lasting happiness or liberation.

Love is the key which unlocks the door. Live in love, live in Sai and enjoy the bliss which is within you now. Sai, Sai, Sai!



THE CYCLE OF BIRTH AND DEATH

Man is here today of his own choice. His life and personality are the result of his past lives; all his past thoughts and acts have made him as he finds himself to be in this life.

He is earthbound, caught up in a cycle of birth and death, a cycle which has resulted from the desires which sprang up in him. It is a cycle that can bring no lasting reward; it can only give temporary satisfaction as the sensory desires are fed with all they demand. And the demands continue increasing as long as the desiring remains unchecked.

But the opportunity for awakening eventually comes. For many, it has already come in this lifetime due to the presence of the divine Avatar in your midst.

You should realise that you have been given this unique opportunity, a chance which may never come to you again in the same form. Not only is the opportunity there but, at the same time, you have all the teachings which should convince anyone of the truth and the need for change. You alone can bring about that change, break the ties of the past, learn to control the senses and live as you really are, a spark of the Divine temporarily housed in a physical body.

Learn to see yourself like that and distinguish yourself from the body since you are not your body. You travel in a car and it takes you on long journeys, but you do not think of yourself as the car. Neither are you the body that bears you on the long journey through your present life. See your body like the car and feed it with the right nourishment. Remember that all thought is food for the body, so watch your thoughts and do not poison

the body by evil thinking. Remain pure in thought at all times and never entertain negative feelings like envy, irritation or anger, as such emotion will certainly disturb your inner balance.

Think only of the truth, the thought that you are part of the Divine; and all the material world around you is just transient, always changing, and without anything of lasting value, nothing which you could ever desire.

Turn to God now and live in truth. Live in the present and leave the future to unfold, a divine future which you yourself can create if you live in truth and walk hand in hand with the Lord. He is there now, right beside you.

Awaken to this fundamental truth, that you and He are one and that all power lies within you. Then you will be on the path that leads to liberation, and the days of birth and death, an apparently endless cycle, will be behind you for ever.





NEW YEAR

All is change. Only the Lord who is divine is changeless, unaffected by the past or the trials and tribulations that beset man.

As the new year dawns, it is time to reappraise the past and your own outlook of the future. Look inside and make that reappraisal, because man tends to wander along the same path, year after year, without making the changes which are essential to spiritual progress. He is in a state of spiritual stagnation, stuck on a path where he is absorbed by the low vibrations of material life.

Man must find his way out of that maze of materialism, for even in the maze it is possible to see light, if only you look upward towards the heavens. In the case of man, that heaven lies within and this is where he should look, within his own heart, the home of the Lord. And when man finds the Lord, he must identify himself with the Lord. It will then be easier to find the way ahead and escape from the maze and the illusion which is part of it.

The new year will be a year of change for many as more and more souls are awakened. For others it will be another year of spiritual stagnation and wasted opportunity. You alone can choose your path and, if you wish, make the changes now and enjoy the bliss which will come to you when you move on to the spiritual path.

A year of change means a year of opportunity. But man thinks of it as relating to the affairs and dramas of the world and, indeed, these changes will also come as man himself has created them. Today you witness acts of terrorism all over the world and these are the direct results of past human

action. That past creates the present and the present is creating the future. You, My children, are the creators of your own destiny and you create it through every thought and action at every moment of the day. It is these thoughts and actions which you should watch so that you create a better future for yourselves, and for the world.

Can there be anyone who is completely satisfied with his present state, or his way of life? And is the new year going to be your year of change, changes that could lead to your own evolution and liberation?





RETURN TO THE WAY OF GOD

Can you feel the flow of love all around you, within and without, and are you a channel for the outpouring of that love which is My love? If so, you are in a state of peace, oblivious to all around you other than the realisation that you are in tune with the Infinite which is God.

Love is the life force that flows so freely in a thousand different forms. But man creates barriers through his lifestyle and way of thinking, preventing the love force from manifesting itself in his life. It is his own choice and he does not really understand what he is doing, for he is making the biggest possible sacrifice. He is passing God by, denying God and, instead, he is looking to the material world for satisfaction and pleasure. Such a man is living in a wilderness and he becomes totally lost, so lost that it becomes increasingly difficult to find a way out.

But, at present, man has a unique opportunity to redeem himself and to return to the way of God. It is an opportunity that does not come by chance and, if he fails to act now, that chance may be lost for ever.

Only God understands the plan of the universe in all its detail. Man can only see an infinitesimal and tiny part of the whole and he cannot understand the true nature of God, for God is indeed inscrutable.

Fear not, My children, all of you have the chance now to take one gigantic step forward along the spiritual path that could lead to your liberation. It is the only true path and it is right in front of you, even though you may still fail to recognise it, simply because you are not ready or do not wish to change your present way of life.

Awaken, awaken, all of you, and see the light. It is there, everywhere,

lighting up the path ahead. Follow that path and move towards the light, leaving behind you for ever more the twilight world of illusion.

I am the light and I am always there, waiting patiently for you. Follow Me and find liberation and eternal bliss.





SAI SPIRITUAL EDUCATION

Sai spiritual education is the foundation of a child's life. The ills of today, which you see all around you, in your own country and all over the world, result from the lack of spiritual content in the educational systems. Ignorance leads to all sorts of evil.

Today, through the Sai spiritual education programme, children have the chance to learn the truth, what is real in the world and what is transient and of no lasting value. Sai spiritual education is based on love, the spiritual force which pervades the universe.

People talk about love but few of them express that love in their lives. They are so wound up in their own affairs that they become confused and separate themselves from their reality. It is the same separation that isolates them from God, from the very source of life. That path leads them nowhere, and in their state of frustration and isolation, they create problems for so many others as well as for themselves.

Today you must think on the positive side, but it is wise to know that there are two sides to every coin and the opposites are not far away.

Many times I have said, "Bring love into your lives." Many times I have told you to turn to God. It is the same thing, for God is love. It is this love that is there in the heart, stored up in such abundance, waiting for the heart to open and pour it out into the world. Today should be a day of love, a day when the vibrations of love flow everywhere. Wherever there is love, I am there.

So, watch your words, watch your actions, watch your thoughts, watch your character and watch your heart. Let the love flow everywhere so that

the children of today can blossom into human excellence and become the teachers and leaders of tomorrow.

It is the duty of the *gurus* to lead the children along that path, and they can do so through their own example, examples of God manifesting Himself in their own lives as love, joy and bliss. That is the way to God and that is the way to lead the children.





THE PATHS OF MAN

Look out into the universe and contemplate the glory of God. Observe the stars, millions of them, twinkling in the night sky, all with a message of unity, part of the very nature of God. You can see the moon which orbits the earth on a perfect path, a path which can be calculated by scientists for centuries ahead.

What about your own path? Here, you are the scientist for your own life and you alone can plot the path that will take you into the future. You are plotting that path, day by day, with every thought and every act. All action results from thought, so it is thoughts that matter.

When you know the truth, you cannot blame others for the misfortunes of the moment; those misfortunes are of your own creation. What matters is to live in the present, live now, for every moment is now. It is your thoughts and acts of the moment that create your future. The outline of your future path already exists, for you created its pattern by your past. But even that outline can change, and will change, depending on your own thoughts and actions as each new day dawns and then dies away again.

This is the lesson for all. Do not be misled by what you see around you, or be influenced by what you see. You live in a world which is a playground of illusion, full of false paths, false values and false ideals. But you are not part of that world.

You must live in the world while you are there, but do not become part of it, for you are part of God and do not belong to the world. The life ahead can only be glorious if you learn to live in total harmony with the Lord. He is there always, but it is for you to take His hand and proceed through life,

hand in hand with Him in all that you do and think.

You will never find peace and happiness in isolation, separated from the omnipresent God. And yet this is how most people live their lives. Such lives are shallow and without foundation or direction, like a rudderless ship floundering at sea.

My children, take My hand and secure your freedom while I am here to help you. Leave behind all the past and forget it. Live in the present, in perfect unison with the Lord and enjoy the peace of mind which it brings. Once you live in complete harmony with God, all problems and difficulties cease to exist. All is bliss.





BIRTHDAY MESSAGE, 1986

Birthdays indicate the passage of time but, for Me, there is no birthday and there is no time. All time for me is NOW: past, present and future.

For man, the illusion of time remains a fact until he reaches the highest levels of consciousness and joins Me in a complete merging with the whole. Only then can he see everything as it really is, as I see it now.

When you celebrate My birthday, you gather together, and this should be an occasion when you review the progress of your own life. As you sing *bhajans* to the glory of God, think of a song that would reflect your progress along your chosen spiritual path. Every birthday should be an occasion for a reappraisal of your life, and a time to look within yourself to see what is really going on. Look at the good as well as the bad, for they are both there. Use the birthday as an opportunity to make a new start and enter the year that lies ahead with a determination to eradicate all your bad habits, thoughts and deeds that still form part of your present way of life.

Reveal yourself as you really are, divinity, a spark of God, and allow that divinity to shine forth like a great beacon of light. That is what you are, divinity itself, hidden in a human form. As you evolve, so the divinity begins to blossom and emerge, even though it was there all the time. It is like a seed planted in the ground, all in darkness and completely hidden from view. One day it reveals itself as it begins to sprout and eventually blossoms into a beautiful flower, a manifestation of nature and divine love.

My children, awaken now while the divine Avatar is here to guide you. The way ahead is clear, sign-posted through the teachings of the Lord, and

you have this unique opportunity to escape from darkness into light, simply by putting those teachings into practice in your daily lives.

Open your hearts and let the love flow, knowing that love can overcome all barriers. See God in everyone and everything and become part of that universal whole which is My reality.

Love has always been the motivating force in the universe, and I AM THAT.





DESIRE (I)

So long as desire exists, man is hampered in his search for truth because his thoughts are constantly diverted into other channels. Desire remains until the spirit grows stronger and rises into the ascendant. At the lower levels, desire is rampant, but at the highest level man is desireless.

How does the transformation take place? It results from spiritual education and, as the truth unfolds, man comes to the realisation that all is God and that he himself is part of God. Only then does he begin to see everything as it really is, and much of what he sees is revealed as illusion.

Man should constantly search for the truth and strive to purify his soul so that he may enter the kingdom of heaven. That kingdom is the home of the Lord and you enter it when you are liberated and merge again with God.

The journey through life is long, but it can be shortened once you take the irreversible decision to change your way of life and follow the spiritual path. But even that path can be difficult to follow, until you have learnt to overcome all worldly desires.

In the early stages of evolution man was ruled entirely by desire and developed habits which cannot be broken easily. Those desires and the habits which have sprung from them have gone unchecked for aeons of time. However, today, the Ceiling on Desires programme and the teachings which go with it show you the way to deal with the problem.

As you struggle to move forwards, always remember that I am with you, there to help and guide you. But that help only comes in abundance

when you surrender your will and speak to the Lord in all humility. Only then will you experience the feeling of bliss, resulting from your closeness to God in those precious moments of surrender and devotion.

Surrender is the key to progress. Learn to surrender to God at all times and accept His will, leaving behind your own will and the "little me" with all its petty desires.

Today you have the chance to make an important decision, a decision to follow the teachings of the Lord and set yourself firmly on the path that will lead to liberation. Know that I will always be with you as you take each step. You should be with Me, too. . .

My love is unlimited: it exists in abundance for everyone. Fill yourself with that love and then your journey along the spiritual path will become much easier.





THE AWAKENING (I)

Humility is the hallmark of the evolved soul. When you are truly humble, you are at the beginning of true spiritual enlightenment. Without humility, the soul is like tarnished silver. But in both cases the hallmark is there as evidence of its absolute purity, whether it is the God within, which is you, or the silver which is pure in spite of its tarnished appearance.

Life on earth presents you with the opportunity to purify the soul and to show yourself as you really are, part of God. When the purification is complete, you radiate immutable love and light, a reflection of God, the absolute state of being.

The path of the soul takes it through many stages and the process of purification can seem endless. But there is a beginning and there is an end. The end represents the ultimate merging of the soul with God, when you and God become ONE and you can truly say, "I AM, I AM THAT, THAT I AM." But the beginning is equally important for, without a beginning, there can be no end.

Many people tend to float through life almost in a sleep state, that is, in relation to spiritual realisation. Man, know thyself. Yes, you have heard those words before but have you responded to their challenge? The truth is that many of you continue to live in the shadows, imagining that you will eventually find some sort of satisfaction in the shallow type of life that you are leading. But that sort of life will never lead you anywhere.

My children, the time of awakening has come and that time is NOW. But for many of you it will pass without any positive action or participation on your part until, one day, you experience something traumatic

which finally awakens you from your placid sleep. When it comes, you yourself will have brought that traumatic experience into your life, and no one else can be held responsible, neither will it be an accident.

Some of you here today have already become awakened and are moving along the spiritual path towards the state of absolute being. As you progress, so you begin to understand that you are part of the whole and that your brothers and sisters are also part of the same whole. That whole is God.

As the truth unfolds, the heart quickens and, perhaps for the first time, you experience the feeling of compassion, a feeling which can only come from an awakened heart. This feeling leads to an urge to serve humanity, your brothers and sisters, and particularly those who suffer. Opportunities to serve are unlimited and you should all be involved in this divine work, for service to man is service to God.

Contemplate the past for one moment and then forget it. The past is in the past and nothing can change it. The future is there but unknown to you, so do not spend your time wondering about it. Contemplate the present, for that is NOW, and what you do and think now will determine your future. You have the God-given free will to choose your own path and you should prepare the way ahead now, by living a life of purity and service. Then the fruits will follow and you will experience peace, happiness and ultimate bliss. The time to start that journey is NOW.





DIVINE WORK

Look up into the sky and watch the clouds roll by in their majestic forms. They are manifestations of the continual change taking place throughout the universe.

You yourselves are part of life's drama, each one an integral part of the whole, and each one playing a part in the divine plan. You should consider whether you are playing the right part in that plan and whether you are doing what you came here to do. Are you putting into practice the teachings of the Lord? Are you serving mankind to the best of your ability? Are you aware that time is passing, precious time that will never come again? Are you satisfied with your own progress along the spiritual path?

My children, be certain that you are using this precious time to the best advantage. Do not allow yourself to get sucked into a comfortable backwater where you simply exist but do little of any real consequence.

Life is about people and they are all around you. Are you doing your best to integrate yourself into your world? Integration can come through service, helping others who are, perhaps, less fortunate than yourself. They need help to integrate themselves into the family of man so that they become part of the whole and realise their true divinity, for they are all children of the living God.

Love is the force that motivates everything and that love is everywhere. First, you must purify yourself so that you can be a pure channel through which divine love may flow. Then you can really help others and the world itself by pouring out love all around you until it reaches the most distant

places. Love is infectious and, as you pour it out, it becomes stronger. That love is the God force itself and it is this divine love which will eventually cleanse the world of all evil.

Start by cleansing and purifying yourselves so that you can be channels of pure love and light. The Lord has given you this unique opportunity to participate in His divine work, in this lifetime, and you should not allow that opportunity to pass you by. It is an opportunity which can lead to liberation.





A DAY OF LOVE

When two or more are gathered together in My name, I am there. Even when no one is there, I am there, for I am the totality. There is no place where I am not.

Today you gather together in an atmosphere of love. It is that love, My love, which you should cultivate and nourish. Love is like a food that feeds body and soul.

When love flows freely, all is in harmony and you are happy and contented. When you gather together like today you have the opportunity to let the love flow and build up an atmosphere in which it is a joy to live.

LOVE, LOVE, LOVE, let it flow everywhere.

Today, you also have the opportunity to recognise yourselves and each other as you really are, divinity. Look at each other and contemplate the beautiful thought that here is God, manifesting Himself in that form, for each one of you is a manifestation of God.

Joy comes from an expanding heart. The heart expands when it is opened and the divine love is allowed to pour out and flood the world around. Today you have the chance to pour out that love to the whole world.

Love is the greatest healing force and it can break down all barriers. It can bring peace where there is conflict. It can neutralise all the negative emotions.

Let this be a day of LOVE, and let the love continue to flow when you return to your homes.

It is LOVE which will bring peace to the world.



CHRISTMAS MESSAGE, 1986

Each year you gather together to celebrate festivals, landmarks on the journey through life. Landmarks exist to guide you so that you remain on the right path.

Christmas is one of these landmarks, another occasion when you can check your compass and see whether you are really on the path that will lead you out of the wilderness.

How exactly do you do this and how do you know where you are? Think about these questions because the answers lie within your own self. Look within and examine carefully what you find, for deep within is the answer in the form of the real you. That is the spark of the Divine, waiting for the atmosphere to clear so that it can assert itself and shine forth like the brightest star in the sky. A clouded atmosphere represents the illusion surrounding and concealing the truth. But the truth is always there and you can find it in the teachings I have given to the world.

Christmas is a time to celebrate the birth of an enlightened one. You should use the occasion to benefit your spiritual growth so that you too may become enlightened.

Start the day with love and see this as a new beginning. Keep the name of the Lord on your lips throughout the day and then you will be filled with love, good thoughts and divine energy.

I am always there, within and without. I am your shadow but you seldom see Me. Awaken, My children, and see the light for I am the light

and I am also the love which can transform your lives into pure bliss.

Open your hearts and breathe in the divine love, so that your journey into the future will become divine.

Mankind can and will be saved.





LOVE AND LIGHT

Dassera is a festival to celebrate the conquest of evil by the forces of light. You should consider this in relation to your own life.

Where is the light and what is it? Have you progressed towards that light and what does it signify to you?

Remember My words, "Be like a beacon in the sky, radiating love and light." But you can only do that when you have overcome evil, put aside worldly desires and reached a point where you can merge with the light, allowing it to flow through you so that you truly become a radiant beacon of love and light.

Dassera should remind you of mankind's goal: to move towards the light, to overcome evil, and to recognise the God-force which manifests itself everywhere as pure love. It is that force which can and will cleanse the world of all evil. Every one of you can play a part in speeding up the cleansing. However, first you must purify yourselves, for only then can you hope to help those around you.

Look within and establish your relationship with God the Ultimate, for I am THAT. Find Me in your heart and unite with Me at all moments of the day. Release the vast storehouse of love within the heart so that it vibrates throughout your being. Only then can you become a beacon of love and light and bring love and light to help and guide others along the path.

Love is My message; it is love alone that can cleanse the world and bring about the peace which seems so elusive.

Evil forces and evil habits must be overcome. Love is the way, the only way ahead, so let the love flow and then peace will come.

Love and light will prevail.



FEAR

Fear is an emotional state resulting from uncertainty, anxiety or worry about a situation that either already exists or which you imagine may occur.

Fear can only arise when there is lack of faith in God and in your own divinity. When you begin to recognise your true self, then, slowly, fear will disappear, for if you are divine, what can possibly touch or harm you? And what can there be to fear?

You may lose your money or your possessions but what are these in relation to eternal life? Eventually, you lose your body, but that is only a transitional stage from one level of consciousness to another.

Fear arises from an uncertain mind. Cleanse the mind, purify the soul and polish the diamond which is the real you, the spark of divinity, housed for the time being in a physical body.

Contemplate the thought that God is omnipresent and you and God are one, as is all humanity. Nothing exists that is not part of God, the creator.

Turn away from material thoughts and live your life with God always in your mind. Talk to Him and share everything with Him for there is nothing that is not His. Be with Him at all hours of the day.

Peace will come to your troubled mind when you live your life in perfect harmony with the omnipresent God. Share your thoughts with Him and then all fear will disappear.



FINDING GOD

Love is the lifeline for everyone. It is the life force that sustains life, the very breath of life, and it flows constantly like an eternal stream.

But man has chosen to separate himself and to tread his own path, which often leads him into the wilderness. Then he wonders why he is lost, why he is so unhappy, even who has done all this to him! The truth is that he has done it to himself by choosing to ignore the omnipresent God and the love that exists everywhere as a manifestation of God.

Loss of energy, loss of enthusiasm, loss of happiness and the enjoyment of life, even the desire to live, all these spring from the same cause: separation from God.

How can man be separated from God if man himself is God? Man is not actually separated at all, but the feeling of separation stems from the level (of consciousness) at which he has chosen to manifest himself at the time. He chooses his own path through the exercise of his free will, and God does not interfere. If he wishes, he can ignore the truth, ignore the God presence and, instead, concentrate only on himself and his own worldly pleasures and desires.

But man will never find satisfaction in this way and, eventually, he must return to the beginning and start a new life on the spiritual path. He must learn to see everything as it really is, truth or illusion, and stop chasing after false gods, whatever forms they may take. Instead, he should try to see and experience the omnipresent God and to recognise God everywhere and in every form, realising the ultimate truth that **ALL IS GOD**. Only then will he find the peace and tranquillity for which he is searching, and the joy and

happiness which follow.

See God here, see God there , see God in everyone that you meet during the day and treat them as though they really are God. Contemplate the truth that, in fact, you are all one, and the feeling of separation is merely an illusion, however real it may seem at the time. Your separate bodies lead you to believe that you are separate, but you are not the body and you must learn to dissociate yourself from that body. Look after it and keep it in perfect condition, but do not confuse the body with yourself.

Meditate on these thoughts and establish clearly in your mind your true identity. Then you will begin to understand what I meant when I said, "I AM YOU, YOU ARE ME, ALL ONE, ALL GOD." When you know this and live your life with the perfect understanding of that fundamental truth, you will be filled with peace, love and joy, and nothing will or can ever disturb you again.





SERVICE

Service to man is service to God, and when you serve man you also serve yourself, for all are one.

Service is the best way to find true satisfaction and happiness in life; but the desire to serve must come from the heart, an outpouring of the love of God stored in the heart, always waiting to express itself.

See the love around you in every form, manifestations of God's creation. Look at the flowers and observe their beauty, God manifesting Himself in those forms.

Man's biggest problems are his feeling of separation, his loss of true identity and his ego, which is itself an expression of separation. But what is man? Man is God! So how can man be separated from what he really is?

When man lives in the certain knowledge that he is part of the whole, and that what he sees all around him is a reflection of himself, then the feeling of separation will go. And the desire to serve will follow directly from his awakening and the realisation of his true identity and his relationship with God and all mankind.

These are fundamental truths, so simple and yet so seldom understood. It is the same with different races: all are really one and part of the whole. Whether it is caste, religion or any other form of division or segregation, it is essential to understand that such divisions are purely cosmetic, arrangements which are convenient for earth life but which, like the body, are purely temporary.

The integration of all mankind will come in the course of time and it

will result from a better understanding of the truth. I am the truth and I have come to teach the truth so that man can escape from darkness, ignorance and illusion. It is these which have led man to experience antagonism, hatred and even war.

My children, God is love, you are God, and you should awaken to that truth. See the light, live in light, and let love blossom in your hearts so that it lights up the world and cleanses it of the evils and the ignorance of the present age.





A BEAUTIFUL SUNNY DAY

All days are beautiful! It is not the days that matter but what goes on deep within you as each day passes. It is the soul experience that matters, and the soul should contemplate the glory of God at all times, regardless of the weather!

Man tends to live out his life like a cork floating in the sea, tossed about by the waves without a sense of direction. That is not the purpose of life. You do not expect to see a car travelling along the road without a driver at the wheel, or to see him asleep at the wheel. But that is exactly what is happening in many of your lives: no direction, no awakening, just the experiencing of events and the needless problems of everyday life.

You are the driver and you alone can pilot your way through life, choosing your own path. There are many paths but there is only one that will lead you back to God: the spiritual path.

However, you can find God long before you complete the journey, for God is actually with you in the car all the time. You do not see Him because your eyes are clouded by illusion and you are looking elsewhere, drawn away by the materialism that you can see all around you. You become attached to the material world and everything in it and your whole life revolves round it. The desires, the pleasures, the fascinations, the material rewards, anything which feeds or swells the ego, these are the things that you pursue and crave, and to such an extent that your vision becomes clouded and the truth hidden from view or distorted. The thought of searching for the truth does not even occur to you and you remain at the lower levels of consciousness.

Then, one day, something happens, perhaps a traumatic experience, and you begin to stir from the sleeping state. These are the first signs of an inner awakening: you begin to wonder what life is all about and why the path which you have been following has brought you so little satisfaction, and certainly no peace of mind or lasting happiness. You start to look around and, eventually, you look within for that is where the solution lies to all your problems. Heaven lies within, not in some distant part of the universe.

Ask yourself how all this applies to you. Where are you now and where are you going? Are you happy, blissfully happy, and have you experienced absolute peace of mind? If not, you now have the opportunity to change your ways and take control of your driverless car. No longer will you be the victim of events, nor will the world determine your future. What a bleak future that would be!

Your future is assured once you find your own self, the divinity within, the real you, the child of the living God who lives deep in your heart. Look within when you wake in the morning and find your real self. Be your real self from morning till night and walk hand in hand with God in all that you do, knowing that nothing can harm you.

Experiences will come and go but they are not part of you. Nothing can touch you from now on, for you are divine, an eternal soul, child of the omnipresent God. The past is in the past and you have been lost, but now you are awakened. From this point onwards, ultimate bliss is inevitable.

It is the only path, the divine path, and it is there in front of you now. Start the new journey hand in hand with God at this very moment and never turn back. The path ahead is glorious and will bring peace of mind, something which has eluded you for so long. And the Lord will always be there to guide and protect you.





EASTER 1986

Harmony comes to the world when people unite in prayer. Today, many people are joining together in prayer and the foundations are laid for the way ahead.

Change takes place continuously in the universe. Everyone and everything is in a perpetual state of change, even at those times when stagnation seems to have set in. Those periods of seeming stagnation are forms of illusion, the result of relating everything to time. Yet time itself is timeless!

Everything in the universe relates to the source and to everything else within the universe. Man should realise that he himself is part of the universe, part of the whole, and that therefore he is inextricably involved in the movements and changes that are taking place all around him, everywhere, all the time.

Man's first task should be to relate to the universe and the life-force of which he is part. That is the divinity within, the God-force itself. Easter is a time for understanding this wholeness, a bringing together of all aspects of nature and particularly of all mankind. Everyone should come together on a great wave of love, a wave that can carry everything in its wake, for love has no limitations. God is love and His love is like a great tidal wave.

Why does man dally on the path? He dallies because he is lost, distracted by all that he sees around him. On this Easter day, he should try once again to find himself and establish his true identity, also his relationship with God and the whole. Easter should be a time of coming together,

forgetting the past and all the tribulations that he has encountered on the path. All that is behind him and now is the time for a new awakening.

My children, your fulfilment lies in living the truth and putting behind you the mistakes of the past. Out of the darkness will come the light. You are that light, a divine soul, blessed with all the power that you will ever need.

Man, know thyself. Know that you are truly divine, God within and God without. See that same divine spirit in all around you: family, friends, acquaintances and, beyond that, to every living soul on this planet. Look at the animals and the flowers. They, too, are the creation of the living God and part of that whole.

That is My Easter message, a message of love, hope, harmony, unity and peace. Love one another and see how your world is slowly transformed. Heaven lies within, not in some distant part of the universe. It is here now and you should live in heaven from this day onwards.





PEACE OF MIND

Absolute peace can only be experienced when there is no mind!

The mind in its present form is full of unfulfilled desire. It behaves like a spinning top. Someone has set the spinning top in motion and it continues spinning so long as the driving force is there. In the case of the mind, you provide the driving force through your pursuit of materialistic interests and the desires which are always there. You must learn to control the mind by curbing your desires and changing your whole approach to life.

Look inside and find the source of your desires. Consider what it is that you really want in life. Are all these things really desirable? Where will they lead you, even if you find a way to fulfill these desires, all of them? Just think about it.

In the end, you have to clear the path and free it from all desire so that you may see the way forward and move along a clearer path, the spiritual one, that really leads you somewhere worthwhile. The problem is not so difficult if you look at it in that light.

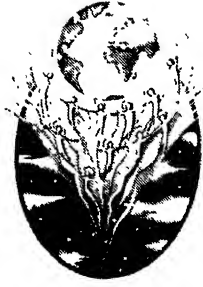
All problems are man-made and can be resolved by man. God will always be there to help and guide, provided you ask. But, God will not intervene if you choose to continue your life on the wrong path. You have free will and you alone can make the decision to alter the course of your life.

My child, you will resolve your own problems. Look inside now and contemplate the whole situation: your life, your surroundings, your activities, your successes and failures, and your continuing desires. It is

these desires that need examining because, once they are eliminated, peace will come and the path ahead will be brightened by the sunshine and the love of the Lord, the brightest light in the universe.

Have no fear, since the Lord Himself is there, beside you.





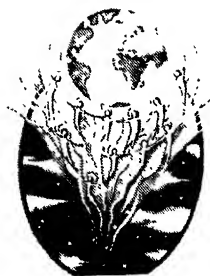
LIGHT (I)

When the heart opens, love begins to flow. When love flows, peace comes to the mind. Love is the light of the world and I am that light. All is God, all is divine, there is only God.

My children, you are all one, all divine. How can you want anything in life when you have everything? Limitation is caused by ignorance and fear. But, what is there to fear?

Awaken, awaken and see the light. It shines within and it shines without. I am the light, I am the source. I am you and you are Me.

Live your lives in the perfect understanding of the truth, that all are one, all God. See everyone as God. Be like lanterns, lighting up the darkness and bring joy and happiness to all around you.



HEALING AN ANIMAL

All the children are Mine, all the animals are Mine, and I love them all. Every animal is known to Me, regardless of where it may be, this side of the world or in far away lands. I watch their growth and development. Just like humans, animals progress along certain paths relative to the animal kingdom and to evolution itself.

This dog that you ask Me about needs help but not surgery. It is right that you have thought about an operation but it would not be satisfactory or bring about a permanent cure.

Leave it to Me, and I will help with the healing, but you must all co-operate in the healing effort. Miracles can happen in the animal world, as well as with humans.

Try to link up each day with this dog and send out loving healing thoughts. Ask.to continue her own healing efforts, concentrating on the Sai form and the omnipresence of the Lord. Sai is always there, but you need to harness the Sai energy to bring about the healing that is necessary in this case. The dog will get better, not necessarily a complete cure, but much relief will be obtained.



AT TIMES OF DEPRESSION

Look for the purity within, the life force that is at the heart of every living soul. Then contemplate the body and the mind. Neither of these is you but they are the cause of many of your problems.

All desires originate in the mind so you must learn to control the mind and prevent it from running wild. If you start the day with thoughts of God and continue such thoughts throughout the day, you will learn to control the mind. It needs both practice and determination.

Freedom from depression, fear and anxiety will come to you slowly as you draw closer to God and bring Him into your daily life. Learn to share your life with God for He is you and you are Him, even though you feel so separated. It is isolation and separation which are at the root of so many of your problems.

When union with God is realised, there will be no mind and you will experience a perfect sense of peace at all times, and under all conditions, regardless of what is happening around you.

Try to live your lives in complete harmony with God, surrendering everything to Him. Become a reflection of His love which flows everywhere. Rise up above all obstacles and see them for what they really are, passing waves on the surface of a vast ocean. They are nothing, just temporary disturbances caused by man himself. Let them pass by and do not become part of them. Continue your own journey along the spiritual path in complete harmony with God. In that way, nothing can touch you and you will ride high above the storms that come your way.



CHRISTMAS (I)

The Lord is omnipresent and appears in human form from age to age. Many of you have seen the Lord, but others should know that the Lord is always present everywhere, dwelling in your heart. He remains awake, even while you sleep, a sleep which often continues for decades before you become awakened.

Now is the time for that awakening, the awakening of man to the truth. The days of illusion and wrong living should be put behind you for they lead nowhere. Whenever doubt enters your mind, turn to God and He will guide you out of darkness into light.

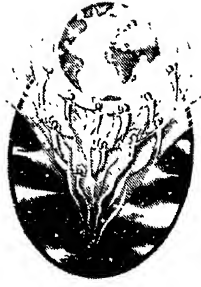
Awaken to the truth that God IS; that you are part of the WHOLE, a divine soul, a child of the living God. See everyone else in the same light and know that they are your divine brothers and sisters.

On Christmas Day, you celebrate the birth of Christ. On this occasion you should also be celebrating your own re-birth, your re-awakening to your true divine state. Once you experience this awakening, you leave behind for ever the attachment to materialism and the illusion that goes with it. Instead, you live on the divine level and place yourself in the hands of the Lord who looks after all your needs.

Christmas is truly a time of celebration and the Lord waits patiently, watching for signs of an awakening of those souls who have been struggling in the darkness for so long. The Lord has shown the way and many have heard the call. Everyone here today should listen again to that

call and leave behind them their lives of illusion and attachment to materialism, a type of life that conceals the truth and the way ahead. Turn, instead, to the spiritual path and realise your own divinity. That indeed would be something to celebrate! I will always be with you to help and sustain you.





CALM

Calm comes when the mind is at rest. Ultimate calm is the state when there is no mind at all, just eternal peace.

You live at the present time in physical surroundings and you relate everything to those surroundings, whether human, animal, vegetable or mineral. But, really, you should identify yourself and everything else with God the Absolute and be aware of His omnipresence at all times.

When your life is absorbed in and devoted to God, then peace and calm will come to you, and the power of the mind, which at present disturbs you so much, will fade away.

Look around now and witness the beauty of nature on this lovely sunny morning. All is God, all beauty is God, there is only God. You are part of all that, a child of God, closer to God than you could ever imagine.

The calm is inside you now, if only you would turn to God instead of relating yourself to material concepts, which are only temporary phenomena.

Fill your heart with the love of God. Let thoughts of God and His love and glory fill your mind from morning till night and drive out all other disturbing thoughts. Then peace and calm will come and you will experience true happiness at all times, regardless of what is happening around you.



ENLIGHTENMENT IS LIBERATION

Liberation is the goal of mankind: release from the constant cycle of birth and death. It is desire and the craving for material pleasures that bind man to the earth plane, and he will only find liberation through purification and enlightenment.

Life itself is a game, and it is man who has chosen to separate himself from God, drawn away by the apparent attractions of material life. His mind rises into the ascendant and his senses take control of him. The demands of the senses grow stronger and stronger, leading him further and further away from God until he loses his sense of direction. That is what is happening today and now man is lost.

But God is always there, even in the darkest moments, for God is in the heart of every living soul. Your heart is My home.

Today, the divine Avatar is here to lead man back from the brink, back towards the ultimate goal which is liberation and the merging, once again, with God. The process has begun and many are now following the spiritual path, the road to ultimate liberation.

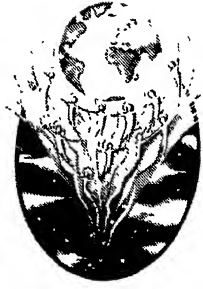
The mystery of life and the mystery of God can never be fully understood on the purely human level, for God is inscrutable. But man can understand enough to know what is right and what is wrong, and this is the starting point of all spiritual endeavour.

In their search for the truth, many people make a study of psychic phenomena. They should always keep in mind the purpose of these studies and what it is that they hope to learn or gain by it. Such studies should be

undertaken as a way of trying to find the truth and not for the fascination of the psychic phenomena which may be experienced.

Man should always be searching for the truth and, as he finds it, he should change his lifestyle so that he puts into practice what he has learnt. The time for study has indeed come, and man should learn to look within himself to establish his true identity. How can a man understand the world and how he relates to it and all within it until he understands who he is? Man, know thyself!





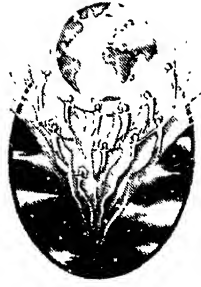
OUT OF DARKNESS INTO LIGHT

Man comes into this world a baby, full of love and sweetness, a reflection of God's love and divinity. Slowly he grows and, even more slowly, he becomes awakened to the realities of life.

Most people pass through life on earth in a state of spiritual darkness, unaware of their true identity or the purpose of life itself. It is like living in a shell, with the real world hidden from view. Man must break out of that shell and escape from the darkness that surrounds him. And those who have seen the light should help to awaken others and guide them out of darkness into light.

Many spiritually advanced souls are here today, full of understanding, and they all have a part to play in helping humanity. Often, much effort and sacrifice are required because the task of spreading the truth is never easy. Too many prejudices exist from the past. However, the world is crying out in agony, and there are more and more people everywhere searching for the truth and seeking a light to draw them out of their darkness. You have the chance to radiate that light and you should join in this great work.

So, in your lives, by your examples, live and practise My message, knowing that some will understand and others will not. Have no concern with the outcome of your efforts, for some people are ready and others are not. Each one is free to go his own way in his own time. Many will choose to remain in darkness with all the attachments that hold them back from the true path. But, eventually, their time will come and, one day, all will be re-united in the kingdom of God.



EASWARAMMA

Easwaramma was the chosen mother, an example of love, devotion, service and sacrifice at the highest level. Her life was an inspiration to all around her, men, women and children. She never had a thought for herself, always for others, with the children ever foremost in her mind.

Look around and see if that image of Easwaramma is here today, a reflection of divine love, humility, compassion, devotion, sacrifice, simplicity and, above all, LOVE.

The children are the salt of the earth and you should turn your thoughts to them, their needs and welfare, their problems, education and their future. So much responsibility and opportunity lies in your own hands for you are there to guide and protect them.

Easwaramma can be seen as a great light, shining everywhere. Her life was a foundation stone for the mothers and children of the future. Study the story of her life and mould your own lives on the same spiritual qualities which she exemplified.



MESSAGE FOR A DEVOTEE (I)

Love is My medicine and it can cure all the ills of the body and soul. It is the body-soul relationship which needs to be repaired to establish the state of perfect harmony. Look inside and contemplate the true state of the soul, for that is where the problem lies, deep within.

The *karmic* pattern is always there but this is not necessarily the reason why sick people cannot be cured. In life there are no problems that cannot be resolved.

If you can change your attitude to all around you, even your attitude to yourself, then you will start on a new path and establish a better relationship between body and soul. This may seem difficult after a whole lifetime of false values, but it is not impossible to change, provided you set aside the time, and also turn to God so that you start out on a new spiritual path, hand in hand with Him in all that you do and think.

Man was made in the image of God, but today you would not think so, for that image is tarnished: the result of wrong living, wrong action and wrong thinking. But God is still there, the divine spark within, and now is the time to let that spark light up a great fire from within to burn away all the past and then shine forth like a sparkling star in the firmament. You are that star, but the light is obscured by the clouds of illusion created in your past.

My child, the time for a new beginning is now. The state of perfection, pure bliss, perfect health is also there now, within your grasp. Leave all past thoughts and values behind you, all those prejudices and false values that you have built up and which have created a screen or cloud around

you.

Instead, build on the God-force within, the absolute pure spirit. Have no fears of any kind. God is there and He will help you, if only you allow Him to do so. God is love, and love is the medicine which can cure all your present ills.





CHRISTMAS (II)

Love flows in all the channels that are open. You yourselves are channels. Are those channels open so that the love can flow freely and act as a catalyst to spread My message of love in the world?

Man is sick, engrossed in physical and material pursuits which will lead him nowhere. Yet he continues blindly, imagining that his present way of life will eventually bring him success and some form of satisfaction. But he is mistaken and his vision is clouded by illusion. What is he really doing? He is doing nothing of any consequence, merely wasting his precious time and ignoring the divine opportunity which he has been given by the Lord in this lifetime. All of you have the same opportunity, a chance to see the light in this lifetime, otherwise you would not be here.

Christmas itself is a time of awakening when you remember the birth of Christ and, for a short while, spiritual thoughts replace the more material ones. This period of spiritual thought and reflection should be extended indefinitely because it is only through spiritual development that man can escape the path of illusion, a path that leads nowhere.

First, you yourselves need to become awakened because you cannot help anyone while you are asleep, lost in a world of illusion. So awaken, My children, open your eyes, breathe in the divine air and listen to the voice of the Lord. Only when you are awakened and have put aside selfish worldly pursuits can you begin to help others. Show by your own example that you have become awakened and are a child of the living God, living His teachings and doing your best to save mankind from the state of blindness and lethargy that has overcome the world.

The day of awakening is here and the day of reckoning, or weeding out, is not far away. The cleansing of the world *will* take place and only those awakened souls will be left to experience life in the divine state. Others will fall by the wayside, left behind and lost in a world of illusion and darkness.

When the Lord incarnates in human form it is a time of great opportunity for those who are ready. All of you here today have that opportunity, but that alone is no guarantee of liberation. Much effort is required, also an irreversible commitment to the spiritual path, leaving behind for ever the life of illusion with all its worldly desires, attachments and false values. So long as desire remains, you cannot firmly establish your feet on the spiritual path.

Surrender to the Lord and love Him as He loves you, then extend that love to all mankind, for the Lord is in all. Only in this way can you find true peace, happiness and ultimate bliss.





LOVE (I)

Today you have a gathering of My children, children of the living God. I am their mother and their father and I love them all unceasingly, pouring out My love for all to receive. But you must open your hearts to receive My love and to experience it as it really is, as the God-force itself.

Only when you reach a state of detachment can you benefit fully from all that I offer you, for then you are open to receive, undisturbed by all that is going on around you. You should try to develop that state of detachment, accepting everything as it really is and, above all, accepting yourself as you really are: an aspect of God in human form.

Man tends to stagnate on the earth plane, even though the awakening may have begun. The same habits and desires have ruled his life for so long that he finds it difficult to change. But change is essential if you want to move forward.

Remember the beginning, when I separated Myself from Myself in order to love Myself. Do you love yourself? If you do not, then it is because you have forgotten your identity. You associate yourself with the body and concern yourself only with bodily and material things, needs, desires, pleasures and all that. But all these are forms of illusion and, as such, are only transient. Even the body itself is temporary.

Arise, My children, awaken to the truth, listen to the word of God and know that only the spiritual path can lead you out of the wilderness. Love is the key, love is the way. Open your heart and let the love flow. Let the God-force manifest itself through you at all times so that you shine as a living example of God in human form. See God all around you and do your

best to light the lamp of love in the hearts of all those who come into contact with you, friends, foes, everyone. Love is so powerful that it can break down all barriers.

My children, the time has come for a great awakening of mankind. You are the leaders and I have given you this great opportunity to join in the work of the Lord. Do not lose the opportunity to help lead mankind out of the wilderness, back to the divine state. That state exists now, if only you can light the lamp of love which is in the heart of every living soul.

Love is the key to divinity, and love is God.





TURN TO GOD

Man experiences many traumas in life and, at the time, they are very distressing. Later in life he comes to terms with the reality of what is happening and accepts it as something which is transient and of no lasting importance.

But, in the early days these traumatic experiences can make a deep impression and leave scars which often remain for a whole lifetime. There are also scars from the more distant past, scars from previous lives.

It is only when man learns to live in the present that he can escape from the effect of these past traumas that haunt him. When you live in the present, you learn to live in the presence of God and, whatever happens, you accept it as His will. You continue to live your life according to what you believe to be the truth, surrendering everything to Him, regardless of the consequences. In this way there can be no worries. Nothing then has any real importance because it is all just passing and you are simply caught up in it at a given moment.

When you learn to live in the present, you break much of the *karmic* pattern that otherwise might hold you back as a result of the impressions which your past lives have left on you. Live now, live in the presence of God and do everything with Him. Talk to Him throughout the day and establish your true relationship with Him, for He is in you and you are in Him.

It is the feeling of separation and isolation which is at the root of so many difficulties that man experiences. But the separation is only apparent, not real. It is simply a reflection of your life, demonstrating that

you have forgotten the truth, the reality of your own being.

Salvation comes through God and that salvation is within your grasp now. Forget the past, stop worrying about the future and live now. See God everywhere and in everything. Rejoice that you are part of that whole and that, at last, you have found your true self, a facet of the omnipresent God who is with you at every moment of the day.

Imagine that you are travelling on a long journey. As you look ahead, the road in front of you seems endless. You are tired and confused and begin to wonder if you are even on the right road. But if only you opened your spiritual eyes, you would see the Lord standing beside you, just waiting to help and guide you forward. That divine help is always there, just waiting for your call. The Lord waits patiently until you are ready and willing to turn to Him instead of continuing your own isolated struggle.

Turn to God now and leave behind for ever more the traumas that haunt you and hinder your progress on the spiritual path.





EASWARAMMA DAY

Today you are gathered together to pay homage to Easwaramma. It is a day when the heart should open and the feeling of motherly love pour out and cleanse the negative emotions, so common in present day life.

People should be happy; but, how can they be happy if they are in a state of uncertainty? That is the state in which most of them are, uncertain about almost everything, even their own identity.

All these festival days should be occasions of awakening, and today is no exception. You are gathered here, so many people, for what purpose? Just think about that! Are you here because you feel you should be seen here, or have you come for some purpose? If the latter, what is that purpose?

Why do you come all the way to India to see Me? Do you hope for a miracle to solve all your worldly problems?

My children, look within and find your own true identity. Come to terms with the world as it is. You are here for a purpose: purification of the soul, evolution of that soul and its journey along the spiritual path, back to the Godhead where you attain the ultimate experience of the complete merging with God, liberation.

Today you should also think about children and young people, the leaders of tomorrow. How do they relate to your thoughts, ideas and plans? Do not forget the children, they are there to be loved, to be helped and guided, and to be encouraged. They must also be given responsibility when they start to mature, so that they can take their rightful places in the

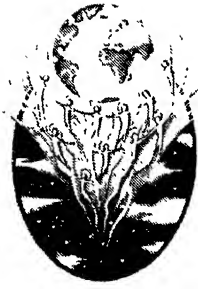
world. What are you doing about all these things?

You are all My children and you have seen how My love pours out everywhere, unceasingly, all over the world. If you link up with Me in pure love, you immediately experience a beautiful peace and become part of that flow of divine love. That is the state in which you should live, in complete harmony and attunement with the Lord at all times. See the Lord everywhere, in everyone and everything, and feel His presence always. This is the way to plot your journey on the spiritual path.

Easwaramma Day celebrations are important. They are an opportunity for a new understanding of the true meaning of love leading to unity and harmony. Let every one of you be part of the celebrations so that you all continue your lives from this day forward on the true spiritual path. Leave behind you all the negative emotions and negative thoughts. Move forward on a great wave of love and know that nothing can then stop your progress.

Dedicate your lives to the service of humanity and do your best to bring love and light into the lives of all those who cross your path. They are all My children.





THE GOLDEN AGE (I)

When the Golden Age dawns there will be harmony throughout the world and love will flow everywhere. All thoughts of hatred will disappear. Today you cannot visualise such a state because there is chaos everywhere, fighting, scheming, hatred, evil; all the negative emotions are in the ascendant. But eventually the change will come.

The arrival of the Golden Age will be heralded by a new coming, as well as some upheavals, sufficient to uproot the evil that is so prevalent today.

Although the Golden Age lies in the future, man can prepare himself by turning to God and living his life in complete harmony with the Infinite. That is possible now, if you surrender your will to God and dedicate your life to Him. You will become His instrument and, in that capacity, you will find fulfilment through service to humanity.

Life is change, and change is taking place all the time. Only God never changes as God is the foundation of the universe and He holds everything in His hand.

When you become perfectly attuned to God, you become part of that divine foundation; then nothing can affect you. At that point, the past, present and future merge into one, and that oneness is the omnipresent God.



THE GOLDEN AGE (II)

The Golden Age is the creation of man, not of God.

God created man in His own image. Within man is the divine power, locked away in his heart. But man, in his ignorance, has chosen to look elsewhere and has allowed his senses and his ego to take control of him instead of the divine power which is there all the time.

The transition from that unhappy state to the state of bliss cannot be achieved overnight, but the changes have begun and the seeds are sown. Man is living at the dawn of a Golden Age and he himself will determine the timing of the transition by his own acts and thoughts.

Today the seeds are still in the ground, slowly germinating, as the teachings of the Lord begin to spread throughout the world and infiltrate the mind of man. Soon those seeds will begin to grow, and what emerges will brighten the world as the beauty of the absolute truth begins to reach so many people. It is a process which takes time and the new Golden Age will evolve gradually.

So you should live in hope, live in love, live in purity, purity of heart and thought and, above all, be true to your own self. Let the divinity within shine forth and become one of the great beacons to light up the world and hasten the arrival of the new Golden Age. It is there now for some, those enlightened souls who have already reached the state of God realisation. It is that awakened state which will lead to the new age.



UNITY OF FAITHS

My message is always a message of LOVE, that divine love which alone can bring about the unity of faiths. No amount of scholastic study or lecturing can achieve that purpose. When the world vibrates with love there will be complete unity of all mankind.

I have shown you the way and now it is up to each one of you to exercise the free will which I have given you and bring about the changes in your lives so that you can become examples of love manifesting itself at the highest level.

Let the negative emotions burn themselves out in the fire of experience. Then let the great ocean of divine love swamp the fire and bring peace to the world so that love and harmony prevail throughout the universe.



THE UNITY OF MANKIND

The unity of mankind is the goal.

Unity will come only through love, the motivating force which flows throughout the universe. That love, that motivating force, is God, and all of you are part of it.

I am here, I am there, I am everywhere. The omnipresence of God is a fundamental feature of the whole universe. I am in your heart, always there for, in truth, you and I are one. We are all one.

The feeling of separation which you experience is itself an illusion, for there is no real separation. If all are one, how can there be separation? But the body and mind lead man to imagine that he is separate and, in his mind, he sees himself as separate. The task is to see through this illusion and to find the God within, the real you, the spark or droplet of the Divine that is within all.

The unity of mankind will come when man becomes awakened and when he allows love to flow from his heart all the time. Then he will recognise the same love in others and see them as they really are, part of himself, part of God, divine.

Divinity cannot be divided into separate parts, so how can man himself be separated?

An understanding of this basic truth is the key to the future of mankind. The time has indeed come for a great awakening, when the days of ignorance and illusion are replaced by a new Golden Age. That Golden Age is here now, just waiting for man to move into it and find the peace

that has eluded him all this time.

Everyone has the opportunity to enter the new Golden Age. But each one has a choice, the free will to decide his own future, whether he wishes to continue living in the wilderness, a life of illusion, or move forward along the spiritual path and enter the new Golden Age.

Perfect peace awaits him at the end of the path which leads to ultimate liberation.





GURU PURNIMA 1987

Guru Purnima is an occasion when everyone should become inspired and find new hope for the future. Such occasions are opportunities for a reappraisal of your lives, a time to reflect on what you are doing, and how the divine Avatar fits into your life, even into your being.

It is meaningless to claim that you are a devotee unless you are doing something to alter your life. I never look for devotees or admirers. People are drawn to Me when they are ready, often after much suffering while they travel along the wrong path.

My life is My message, a mission to show man the way to save himself and to save the world. My message is simple, it is a message of divine love and service. If you follow that example, your own lives will be transformed and you too will become an example which others can follow.

Life is a challenge and a great opportunity. Today is one of those landmarks on the long path through life, a day when you can look backwards and forwards, and plan your journey ahead. In a year's time you will reach another landmark and then another and another. On each of these occasions, the process of purification becomes more apparent if you are travelling on the right path, the spiritual path. Love and contentment should replace all those negative emotions which you are still experiencing today. And your life should become more devoted to others through service to mankind.

Do not let the occasion of Guru Purnima pass like another day at the office. Look on it as a truly divine day, a day spent in the presence of the divine Avatar who is here to help everyone who is ready and willing to

move forward along the spiritual path.

**Let it be a day of LOVE, and remember always that love itself is God.
Wherever there is love, I am there.**





THE NEGATIVE EMOTIONS

In the world today, one sees anger, hatred, greed, jealousy, misguided ambition and power seeking. What is the reason for the prevalence of these negative emotions?

It is one thing only: man is lost and is wandering in a jungle where real values have no meaning. Real values can have meaning to man only when he steps on to the spiritual path, a path where negative emotions have no use. The spiritual path is based on the true human values: truth, right conduct, peace, love and non-violence. When man plots a course through life based on these values, which provide a solid foundation, then all the negative emotions fall away. Even if he should stumble on the path, he can easily see the reason for the fall and quickly steady himself and continue the spiritual journey.

Man learns through experience, and the spiritual path is full of different kinds of experiences. He will encounter many difficulties and obstacles, and they are the very experiences he needs to encourage and complete the cleansing process. And when the cleansing is finally complete, the evolved soul ceases to react to anything. All emotions are perfectly balanced. He lives in a state of permanent happiness, regardless of prevailing circumstances.

So long as you continue to react to whatever you experience, you must also continue to look at yourself progressively more closely. Only through self-examination will you be able to see through the negative emotions. You must see them for what they really are: aspects of the lower self

attempting to maintain the grip which it has exerted over you for so long.

As you progress along the spiritual path, you should walk hand in hand with God, in whatever form you see Him. God the Ultimate is your guide and helper and He will carry you forward on the spiritual path if only you establish real contact with Him. It is like walking along a path with your closest friend. You can walk in complete silence and your friend, too, will remain silent. Or, you can talk to your friend all the time and learn from him as you go along.

God is that friend and it is up to you to break the silence and bring Him into your life at every moment of the day. God is love, and that is the easiest way to find Him, through love. If you keep your heart open and let love flow, God's love will fill you with divine energy and help you along the path, guiding you to overcome all obstacles. It is a long journey, but it becomes shorter and easier once you share it with the Lord. He knows the path, and will guide you all the way to the very end, to ultimate liberation.





PRIDE

Pride is an indication of someone on the wrong path. It is prevalent today since so many people are travelling along false paths, paths that lead nowhere.

The awareness of your own feeling of pride offers an opportunity to reassess your approach to life, an opportunity for self-examination and an inner enquiry into the reason for its existence.

What is man seeking in his life? If pride is the result of his life's effort, then he is lost on an endless path which leads further and further into a world of false values and illusion. But man has to experience these things at some point in his evolution; and, if you now become aware of your own pride, then you are presented with an opportunity to change, a change to the way of truth, real values and spiritual growth.

Pride is not an evil on its own. It is a warning light to help you realise the need for change. Pride is everywhere and it is a matter of degree. To have pride in your work can be harmless, but to be full of ego is bad. Ultimately, there is no ego and no pride, nothing other than God. That is the truth, that all is God but, as a result of man's free will, he manifests himself at the lower levels and lives in a confused state. In such a state pride assumes different proportions and all the false values seem to have real meaning. It is all a passing phase, just a form of illusion.

Pride and ego are like soap bubbles which are blown up until they become so large that they are completely transparent. In the case of the soap bubble, it eventually bursts and nothing is left. With pride and ego, man eventually begins to see the transparency of his own creation and, one

day, that bubble, too, bursts. That moment can lead to his own awakening and give him the opportunity to start off once again on another path, this time the path of truth, love, peace and righteousness, the spiritual path that will lead him to liberation and merging with God.





THE FEELING OF TENSION

Tension results from fear, anxiety, uncertainty, even frustration and anger. It can arise when you are inundated with responsibilities and problems, and you do not know where to turn.

There is only one way: turn to God and ask Him to help you. When you do this, and put complete trust in Him, slowly the problems will fall into place and solutions appear. Do not worry about the results, accept them as they come as His will. All your problems will be resolved, one way or another, and the results are unimportant. The soul will still be there, richer for the experiences. Look at life like that and accept everything as it comes. Never fear and never look for the perfect solution. Do everything in partnership with God and leave all consequences to Him. Relax and enjoy the life which the Lord has given you.

Meditate daily on the divine presence, that is the presence of God within, God without, God everywhere, God's omnipresence. Even in your darkest moments, God is always there.

God is like food for the body and soul. The food is there waiting for you but you will remain hungry if you leave the food untouched.

Try to integrate God into your daily lives for He is part of your very being. And, as you learn to unite with Him and to put your trust in Him, so the feelings of fear, tension and frustration will slowly disappear.



DESIRE (II)

The mind of man leads him a wild dance until he himself becomes its leader and learns to control it as successfully as it has been controlling him.

The transformation from the one state to the other requires much determination, but it is something which must be achieved if man is to make real progress along the spiritual path. The prize is a form of release, freedom from domination of the mind, an essential preparation for the next move forward.

Progress on the spiritual path will always be limited while man is dominated by desire and he continues to succumb to the ever increasing demands of his senses. A man controlled by his senses tends to behave like an animal and he merely exists, not making any real progress in life. But a man who reaches the desireless state becomes fully awakened and sees everything as it really is. And in this awakened state, he can see clearly the futility of much that once seemed so important to him.

It is desire that binds man and leads him along so many false trails, even though the true spiritual path is there in front of him all the time. But when he becomes awakened, he can see everything as it really is, including that spiritual path.

Desire takes many forms and you should consider what it is that you really want in life. Is it possessions, wealth, power, position and all that this implies? If you already have some of these things, what happiness have they brought into your lives?

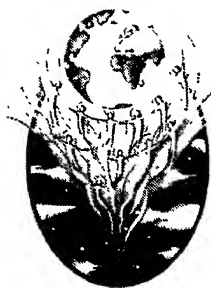
The saints were never wealthy and most of them owned nothing, but they were happy because they were free from every aspect of desire. But

man is encumbered by desire and, in that state, he will never experience peace of mind or find lasting happiness. His life will continue to revolve around himself and all his needs, dictated by his desires, until one day something happens to bring about his awakening.

Desire is the basic problem in life. It is a sign of ignorance, spiritual blindness, and it leads to an imbalance allowing the mind and body to control your lifestyle. The only way to overcome desire is to become awakened, to look within and find your real self, divinity. Then you must learn to manifest yourself at that divine level and become permanently attuned to God who is always there to help you, once you turn to Him with a pure heart.

Whenever desire raises its ugly head, look within and contemplate the truth, that you are divine and you are not the body. How can divinity desire anything but LOVE, since GOD IS LOVE? Desire only love, and see yourself as you really are, divinity. All other desires will then slowly dissolve and you will release yourself from those lower levels of consciousness.





SICKNESS

There are two types of sickness: sickness of the body and sickness of the soul. When the soul is sick, the mind becomes disturbed and the body is affected.

Soul sickness is related to an inner awareness of the truth, an awareness at the deepest level of the traumas of the past. But, at the conscious level, man cannot understand what is happening or why he feels this deep depression, this sense of hopelessness and, sometimes, of guilt.

The solution to soul sickness is to accept the past as the past and live in the present, live now. It is the thoughts and actions of the present that matter, not those of the past. The past is there and cannot be changed, and it has created you as you are today. But from this point, you will create your own future exactly as you think and act now. That is why it is so important to live in the present and to realise that at this very moment, and at every moment, you are creating your future.

Bad thoughts, bad deeds, jealousies, all these will create the future in a negative way, and lead you to more and more problems. One bad thought is more potent than a hundred good ones. It is like putting a drop of poison in a glass of pure water. So always watch your thoughts and watch your actions. Never forget that you are the creator of your own destiny and God is the ever present witness.

Never underestimate the power of thought. The fact that people can pick up your thoughts on the other side of the ocean demonstrates this quite clearly. In the same way, loving, healing thoughts can heal people in far away places. Remember that every thought is known to God and is recorded in eternity. Your own thoughts and the thoughts of others fill the universe.

Today, the world is sick, poisoned by man. But all is not lost and the day of awakening will come and lead to a new golden age. All of you should play a part in bringing forward that transformation, and the instrument you should use is LOVE.

Let the world be filled with love, loving thoughts pouring out from a million sources. That is the way to cleanse the world and overcome the evil that has soiled the very atmosphere.

LOVE, LOVE, LOVE, that is My medicine! And it is already there in such abundance, but man is so blinded by his past that he does not see the vast ocean of love surrounding him on all sides. You must become part of that ocean once again, for that ocean is God, the ocean of love, and I AM THAT.





OBSTACLES

What are obstacles? They are nothing! There is no obstacle that cannot be overcome.

Obstacles are like stones on the path: you walk over them or around them. Never let them upset you. Never become involved with them in such a way that they become part of your life. Observe them and let them pass, for they do not belong to you.

If obstacles continue to disturb you, offer them to the Lord and He will take care of them. He knows why they have come into your life. The Lord is always there to help you, if only you ask for His help.

Man tends to live out his life in isolation. He loses contact with God and with his own innermost soul, the divine spark of the Absolute, the real Self. It is this state of isolation and separation which allows obstacles to appear on the path and to create problems which seem insoluble.

My children, you are divine and there are no problems or obstacles which can touch or disturb you, once you realise your own divinity.

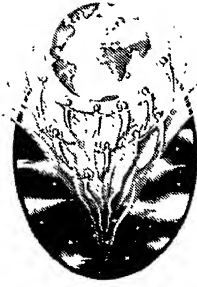
Observe the calmness and tranquillity of the Lord Himself. Follow His example in your own life and see everything in the same way that He sees it: transient experiences, nothing that should distract you for one moment from the spiritual path.

Never react to obstacles, simply walk round them or rise above them. Others may have created these obstacles in your path in the hope of trapping you, just as hunters trap innocent animals. But you have risen above the level of the animal kingdom and you have much knowledge and experience. Do not be affected by the actions of others, people who are

still lost on their paths, not yet ready to move away from the lower levels where all these problems originate. Their minds are still underdeveloped. Pray for them and know that one day they will rise out of the darkness and shine like stars in the night sky. The light already exists within, and one day it will emerge out of the darkness.

Evolution is a continuous process, and all will find liberation in the end for all are divine. Try to recognise that divinity within, even when you witness people manifesting themselves at the lower levels, people who continually create problems for themselves and for others. Remember that those problems and obstacles do not really exist, except in the minds of those who are not ready to see them for what they really are: nothing. Yes, obstacles are nothing at all!





PROBLEMS

What are problems? Whatever they are, they are all transient in relation to eternity and of no lasting consequence.

If only you could learn to put your trust in Me, all your problems would be behind you. Surrender everything to Me and release yourself from the worries that torment you. Let all the aggravations pass you by on the other side of the road. Do not run into them as you are doing at present.

The way ahead is clear. Never give up your responsibilities when temporary difficulties arise. Simply change your attitude to what is taking place and see everything as it really is, just transient and of no permanent consequence or importance. Surrender the problems to Me for there are no problems which I cannot solve.

Life should be full of joy and it will be if you live your life in complete harmony with God.



THOUGHTS

What are thoughts? They are the creative force within man, and represent the free will given to man by God.

What you think today will influence your future. How you are today is the result of all your past thoughts and the acts that stemmed from them. You cannot change the past and you do not know the future, but you can change the pattern of the future through your present thoughts and the acts that flow from them. Learn to live in the present and watch your thoughts at every moment of the day. That is the best way to create a better future.

Every thought of each one of you is known to Me instantly. Many of those thoughts are not good and that is why there are so many problems everywhere, not only in your own lives, but all around you. You are the creators of that situation.

Always remember that you are part of one family, and that family is the whole world. What you do to others you are really doing to yourself. Never blame others for your problems or misfortunes, for it is you who created them. Man is the creator of his own destiny.

From this day forward, bring the Lord into your lives and walk hand in hand with Him in all that you do and think. He is in your heart now, waiting patiently for your call.

The Lord is love, the divine love force itself, locked in the heart of man. Love is an all-powerful force and can overcome all difficulties. And you have that power within yourself, the power of love. It is that force, love, which should guide and motivate you through your entire life. It will do so only if you open your heart and allow it to flow.

Forget the past and live now, in the present. Spend every moment with God in your mind, then you will create a better future for yourself, as well as those around you. Those are the best thoughts for the future.





TRUTH

What I offer to everyone is the truth. I show you the way so that you may save and extricate yourselves from the difficulties that have overwhelmed you.

Liberation is release from bondage, for man has become tied to life on earth where he has developed an obsession with materialism and all earthly matters. His senses and their endless demands have taken control of him and his mind is disturbed, never at rest. Spiritual thoughts seldom come into his mind.

There are two sides to life and two sides to man, for man is duality. There is the body which man confuses with himself, though the body is simply a temporary vehicle for the soul, the real self. It allows him to spend time on the earth where he undergoes many experiences, part of the learning process. The other side of man is man himself, man as spirit, a spark of the Divine, a child of God.

Man has chosen to leave the Godhead and journey out into the unknown, attracted by the vibrations of physical phenomena: body, physical matter and sensual pleasure. He looked out and slowly moved into this environment and then became totally lost, having no idea where he had come from, where he was going or even who he really was. That was the beginning of the long journey through life, the endless cycle of births and deaths. And the journey will continue until, finally, man looks within himself and begins to discover his own reality and his true identity.

How many of you really know who you are? You will never discover

yourself until you search and that search is in one place: within. When you do find yourself, you will come to the realisation that you are spirit, a spark of the Divine. At the same time, you will discover God, for God is the whole and you are a part of the whole. The wave and the ocean illustrate perfectly the relationship between man and God the Absolute.

Progress on the spiritual path begins with an inner awakening. Something happens to precipitate that first step: curiosity, a feeling of hopelessness, dissatisfaction with the present way of life, depression, disaster, so many factors can bring it about.

The time has come to look within, to see how you relate to God and how you relate to yourself, the real you, that divine spark. You have the chance to find yourself and, when you do, your whole approach to life will change, for you will begin to see everything as it really is, so much of it illusion, transient and of no lasting value. What can be the real value of wealth, possessions, power and position? And what satisfaction can they possibly bring? Even when you have them, you want more and more. And yet many of you have been chasing after these things all your lives, imagining that you will find what you are looking for. My children, you are mistaken!

Man should look elsewhere for what he really needs, peace of mind, happiness, joy and salvation. But you will not find any of these if you continue your present way of life.

Think again, and listen to the message that I bring. Know that salvation is within your grasp if only you change to the spiritual path. What is there that you could ever want, once you have found God and realised your own divinity?





COMPASSION (II)

What is compassion? It is an emotional experience arising from a pure heart which is full of love and which has ceased to think only of itself.

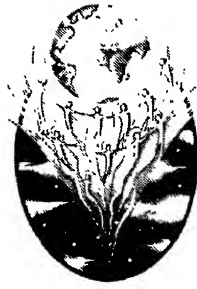
Purity of heart and purity of mind bring you closer to God, although God is always there. It is for you to draw closer to Him and manifest yourself as the One instead of the many.

Compassion can heal the sick simply through the loving thoughts that flow from the heart. It is God's love that flows, and that love is the most powerful force in the universe.

Ask yourself if your own heart is full of compassion. If not, you should examine yourself and see what it is that is preventing the flow of God's love. Ego, desire, ambition, pride—these are some of the main obstacles as they bring about limitation, that is, they keep you away from true spiritual development.

Self-examination is a constant personal effort, for it is only through self-examination that you can hope to purify yourselves and eliminate negative emotions.

Purity, unity and divinity are the way to God and also the pathway to joy, happiness and fulfilment. Find that way while you have the opportunity in this lifetime through your experience of Sai.



CO-OPERATION

What is co-operation? It is the understanding of the truth that all are one and all must work together as part of the whole.

Look at the waves and the ocean. Here you see movement and apparent separation but, equally clearly, you can see that each wave is merely a temporary phenomenon and, and very quickly, it reverts to what it really is: part of the ocean, part of the whole.

When man understands that he is just like the wave and that he is part of the whole, which is God, then he will blend more easily into humanity, realising that these same people are part of himself.

Co-operation begins through an understanding of the truth and the urge to express feelings of love and compassion. Co-operation is a lifetime occupation starting when you are a child, then a student, a young person and, finally, an adult where marriage offers a supreme opportunity for co-operation and the expression of love in its highest form.

Learn to love one another and to experience the joy that comes from working together in complete harmony. Look constantly for opportunities to serve, for that is a form of co-operation, working together for the benefit of humanity. Man has isolated himself from God and the truth, and everywhere there is confusion, unhappiness and darkness. But man is crying out for help.

Open your hearts, My children, and become the awakened ones who will hear that cry for help: help to revitalise the world through your own example. Action is what is required, deeds, not words.

Start a new life today, a life based on love and complete co-operation with the world around you.



LIBERATION (I)

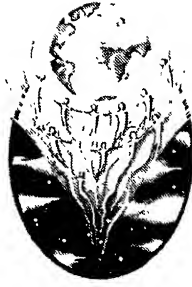
What is liberation? It is release from the constant cycle of birth and death.

Why should man want liberation? He will only want liberation when he has been purified as a result of many lives and then, at last, he will begin to see the difference between truth and illusion. In fact, truth comes from within, an inner awakening which begins like a tiny light shining out of the darkness and ending like a searchlight, beaming out light, truth and the love of God.

The light is there within all, for God dwells in the heart of every living soul. I am that light and I am always there, but you control the intensity of that light in your own life, using the free will which I have given you. Man tends to keep that light at the lowest point of intensity, and it remains there so long as he concerns himself, almost exclusively, with the apparent pleasures and fascinations of material life and all that goes with it. Not only does he live in the world but he becomes part of it, developing every kind of attachment. He becomes stuck in an endless routine, and so it goes on, life after life.

But I am still there and you will always find Me if you look within. That is My call to you today, to look within, to look for Me in your heart, and establish your own relationship with Me. You are My own children, sparks of divinity, separated and yet still part of Me.

You will only find peace and liberation by looking within. I am there, residing in your heart, waiting patiently for you. The time has come for all of you to find Me, not in some distant land, but in your own heart. When you do find Me, you will want one thing only in life: liberation which is union with God. That is the goal of man.



LIBERATION (II)

Spiritual liberation is release from the endless cycle of birth and death. It is the end of the journey which started when man moved away from the Godhead.

What is the Godhead? It is the sum total of the whole, for God is that whole and the whole is God.

But man has chosen to identify himself as a separate being, and so long as he enjoys and remains attached to this way of life and is drawn to it, the multitude of rebirths continue. The cycle will continue until all earthly desires are overcome and contain no energy. In that state man is no longer aware of the apparent pleasures of the physical life. There is nothing left but God and, at that point, the merging with God takes place and the cycle is broken for ever more.

The teachings of the Lord show you the way to break that cycle. There is no one mystic path. Just follow the teachings, and ultimate liberation must follow. But it can be a long journey, because man has immersed himself so deeply in the material world and become totally absorbed in it. He even identifies himself with it and, thus, he finds difficulty in conceiving the real world, which is spiritual and not material.

The spiritual world is here now, all around you, it is the kingdom of God and your own home. It embraces everything and its doors are always open. But the body cannot enter, and man cannot even start the journey until he discovers his own identity, his real self, the God within.

Look within and try to identify yourself with the universal force of love that dwells in the heart of every living soul. It is that vital energy, the love

energy, that is lacking in so many of you, yet it is there within, just waiting to be released. That love-force is more powerful than atomic energy. It is unlimited in its power and it is there now, in all of you.

Love is the fuel that propels you along the spiritual path and it will lead you towards ultimate liberation. It is the God-force itself and, once you release it, all your past problems will be resolved. Liberation will come!





LOVE, LOVE, LOVE (I)

What is love? God is love. Where is God? God is omnipresent, He is here, there and everywhere.

God manifests Himself in many forms. Wherever and whenever love flows, there is God. But even when love ceases to flow, God is still there though seemingly hidden from view and lost to the human mind.

Everyone should concentrate on experiencing the presence of God in their daily lives, for God is truly omnipresent. He is here now, in this room, within and without, within every one of you, for each one of you is a spark of the Divine.

When love flows, there is peace, joy, harmony and understanding. When the flow of love is blocked, there is misunderstanding and tension; life becomes difficult and presents many problems.

The secret of life is to find yourself and to find God. That leads to the realisation that God dwells in your heart and manifests Himself as love and joy. But you must unite your will to God's will so that you and the God-force within can become one. When you discover your own reality, you will begin to see everything as it really is. You will see God in everyone, all those around you, and treat them as though they are God, knowing that God dwells in the heart of every living soul.

God is the whole, the vast ocean of love that pervades the universe. You

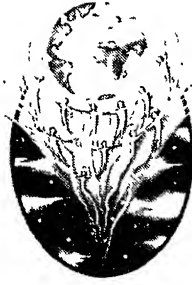
are like the waves of that ocean, part of it and yet, apparently, separated. That separation is the illusion, a temporary state like the wave that separates itself from the ocean for a few moments, and then plunges back into the body of the ocean to become an invisible part of the whole.

I am that whole and you are the part. If you can only reach for and rise to the higher levels of consciousness, then you will realise your innate divinity and begin to live in complete harmony with the omnipresent God.

Love is the only path that will lead you out of the wilderness and out of the darkness. Look up into the heavens and contemplate the glory of God and all creation. Look within and know that you are part of that creation. Open your heart and let the love pour out so that your own life is transformed, then, through your own thoughts, acts and love, you can help to transform the lives of all those around you.

LOVE, LOVE, LOVE, that is My message.





OPPORTUNITY

What is new in the world? Nothing. What is old in the world? Nothing. Everything has always been and will always be.

What comes and goes is a form of illusion, the creation of man's mind, and yet at the time it all seems so important, absorbing his attention and distracting him from the truth and the reality of life.

A house must be built on solid foundations if it is to last. The same principle applies to man, otherwise he too will sink back into the soft ground and become swallowed up by the world of illusion.

That is why the divine Avatar is here today, to act as your guide and teacher. He is here on earth for your benefit, to give all mankind the opportunity to learn the truth and establish solid foundations for spiritual growth. It is an opportunity which you may never experience again and you should take it while it is there. The divine Avatar shows you the way but leaves you to exercise freely your individual will, to choose whether or not you wish to follow the path that will lead to liberation.

With every tide you witness ebb and flow. So it is with life, the ebb and flow of opportunities. Yet another opportunity is offered to you today.

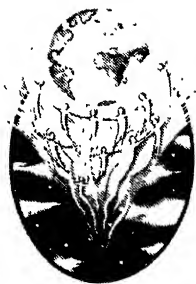
What is that opportunity? It is the chance to move away from the present pattern of life where you live in the twilight world of illusion, a state which constantly obscures the truth and can never bring lasting happiness.

Awaken, My children, and see the light. Seize the opportunity which you now have and break away from the grooves of the past. Follow the Master and experience the utter bliss which comes from union with God,

a life lived in complete harmony with the Infinite.

Learn the truth, live in truth, open the heart and let your life be filled with love, then you will experience absolute joy, peace and the unity of all mankind.





LOVE, LOVE, LOVE (II)

When love flows from the heart life is transformed. What is love? It is the life force itself, the God within, the God without, the omnipresent God, a force which is the divine power and the very basis of the universe and everything in it.

When love flows, man rises in consciousness from the grosser levels and begins to experience life as it really is, divine bliss. How many of you have experienced this feeling of bliss? Sadly, very few rise to the higher levels, except for brief moments, perhaps in meditation. For the rest of the time they are entangled in materialistic pursuits of every sort and are totally distracted from the spiritual path.

Remember My words: "Start the day with love, fill the day with love, end the day with love. That is the way to God." Those words do really mean something!

As you awaken in the morning, tune in to the omnipresent God and become a channel for the flow of His love to all around you. But first, let the love flow throughout your whole being. Feel it, experience it, absorb it, enjoy it, that feeling of being immersed in a pool of divine love and energy, so powerful that all worries and material thoughts are dissipated by the sheer power of that love.

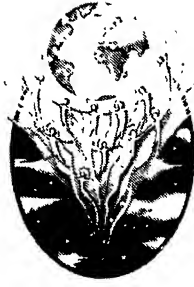
Laugh and be happy. Do not associate yourself with any of the troubles that may be going on around you, for they are not part of you. Go through the day like this, in all that you do, and feel the omnipresent God manifesting Himself everywhere. God is love, love is God, and love is the only way to God.

Love one another and help others to rise to the higher levels, simply by pouring out love. Love is infectious and the greatest healing energy.

Let the love flow so that it cleanses the world. Then man can live in peace, instead of the state of turmoil he has created through his past ways of life, with all those material interests and earthly ambitions.

LOVE, LOVE, LOVE, that is the way to God.





MAN'S INNATE DIVINITY

Man is divine, a child of God, separated and at the same time part of God, part of the whole which is God. God is the divinity within, the pure spirit which is always there, even when man encounters the darkest clouds during his journey through life. It is the knowledge that all is God which should sustain him on the long journey that he has undertaken.

He should leave the past behind and, with it, all concern about how he came to undertake this journey. It is more important for man to see himself as he is at present and to realise the truth of his own reality.

The blind man travels with difficulty and his freedom is restricted. But, if his eyes could see, he would become aware of his surroundings as they actually are.

Man is just like that, travelling blindly through life, unaware of reality and even of his own identity. But eyes can always be opened and it is the spiritual awakening that awaits him, the opportunity to see through the world of illusion which has occupied his attention for so long.

Man is divine and he should seek his divinity and live on the plane of divine consciousness. His dual consciousness may remain for some time as the attractions of a material life continue to draw him away from the true path. But the truth is always there and can be found by anyone who is ready for the awakening.

So many people let the years slip by and precious time is wasted. There is relatively little to show for all the endeavours of the past, including previous lives. Perhaps, there are some temporary material gains, but

what are these in relation to eternity? Look for divinity within and know that it is eternal.

Find your true self, the spark of the Divine, and let your true self manifest itself as it really is, pure divinity. Put all else behind you and walk hand in hand with God from this day onward. The love of God will be the food that sustains you for the rest of the journey.





WHY ARE WE HERE?

Man is here of his own choice, by the exercise of his free will.

Man was drawn away by curiosity, the attraction of form, something moving, something apparently fascinating, so he moved in that direction and is living on another plane, that is, until he chooses to return to the state of absolute being.

It is part of God's plan, and the mystery behind it is understood only by God, the creator.



TIME TO AWAKEN

My life is My message, a life of pure love. It is that love which is the motivating force in the universe, the life-force itself, and it pours out continuously for all to receive.

In your own lives, that flow of love is usually restricted and it is seldom the motivating force. At best, it rises to the surface for a few precious moments and then gets lost in the waves of materialism which absorb your attention almost exclusively. Few of you realise the absolute power of love, the very life-force itself.

Life on earth is an experience which should lead to the reawakening of man. You experience the darkness but, eventually, the divine spark within produces the urge to rekindle the light, obscured for so long by materialism and illusion. You should remember that the light is always there, the spark of God within, but it remains subdued until you become awakened and manifest yourself in life as you really are, divine. Then the light shines and grows brighter and brighter as you progress along the spiritual path. But only you can switch on that light by taking the irreversible decision to change your way of life and follow the spiritual path.

The awakening of man begins when he discovers his own identity and, at the same time, he begins to recognise the identity of all around him, for all are one, all are divine, all are part of the whole and I am that whole. I

am there now, residing in the heart of each one of you, but few of you realise it and even fewer experience the divinity that is within.

Yes, I am there, within and without, omnipresent, aware of every thought at every moment of the day. I observe all; I know all. And man continues his earthly materialistic life, still fascinated by it, wallowing in illusion and oblivious to the truth.

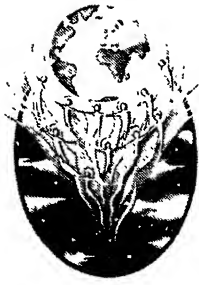
Man has chosen to incarnate on the earth plane and that itself is the result of desire. When I separated Myself from Myself, it was to experience My own love. But man has separated himself from God in order to experience the lower vibrations. And, what has he found? Confusion, disharmony, strife, torment and spiritual starvation.

My children, the time to awaken has come. Realise the truth and change your way of life. Live your life according to My message so that others may be helped along the spiritual path.

Relight the lamp which is there within the heart. Rekindle that flame and experience the warmth that flows from the divinity within. Live now in the divine state and manifest yourself as the God-force which is the core of your being. That is the real you, the spark of divinity, for you yourself are part of that force, part of God, divine. Realise your divinity now and recognise that same divinity in others, regardless of caste, colour or creed. Pay no attention to the way they may behave as many are still living at the lower levels of consciousness, confused and in a state of illusion. One day, their time of awakening will also come.

As the realisation of the truth unfolds, there will arise within, from the heart, an overwhelming desire to serve humanity. Seize that chance when it comes, knowing that by serving others you are also serving yourself and God, for all are one. Service to humanity will also help to keep your mind focused on God and the spiritual path.

Awaken, My children, light the lamp of love within your hearts and let the love flow so that you become beacons of love and light. The opportunity which you have is unique and, if you take it, it will lead to your own liberation.



THE AWAKENING (II)

People are searching for the truth and it is right that they should do so. They travel far and wide in their quest for the truth and they look for God in distant places, like in the Himalayas. Eventually, man finds that the whole truth lies within himself, and that God resides in his own heart. That is the revelation that comes to him at the end of his long search.

During his search, he often studies different religions and may even change his religion in his efforts to find God and the truth. But all religions are simply different paths to the same destination, the ultimate truth, and the realisation of the omnipresent God.

For many years I have been expounding the truth, for that is My mission: to save man from the misery that has engulfed the world by leading him back to the true way. The misery is man's own creation.

God created man in His own image and also gave him the freedom of will to choose his path and plot his destiny. The path which man has chosen has led him further and further away from God and the truth. Now he is lost!

Man has been led astray by the desires of the senses and the apparent fascination of the material world. He does not realise that the material world is itself a temporary phenomenon and that there is nothing in it of any lasting value. It is a playground for man in his present state of evolution.

Fortunately, today there is a growing number of more evolved souls who are beginning to see the light and there are signs of a new awakening. That awakening is in its early stages but it will gradually spread to every

corner of the globe. It is a light that shines from within and it springs from the heart as the heart opens and the love of God begins to flow and shine like a great beacon. That light is there now, within each of one of you, just waiting for you to switch it on through your own awakening.

Heaven lies within and the omnipresent God is there now, residing in your heart. God is everywhere, truly omnipresent, for God is the whole and all of you are one great spiritual family, children of God.

Contemplate that thought and try to develop a feeling of unity, knowing that you are all one, manifestations of the omnipresent God.

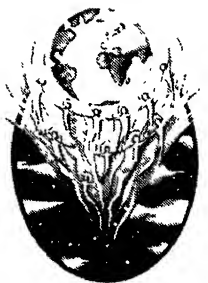
Love is the motivating force in the universe, for love is God. Let that love flow and see its illimitable power. That power of God, through love, transcends everything and can bring peace and tranquillity to this troubled world.

Man has been given the chance to harness this unlimited power which can be used to cleanse the planet and rid it of all the evil that man himself has created, evil that has brought the world to the very brink of destruction.

Every one of you can help in that cleansing process by becoming a beacon of love and light and by helping to spread the truth, so that others may change their way of life and escape from the misery that has overwhelmed them.

Live in peace, live in love, and be aware of the presence of God at all times. He is here, He is there, within and without, everywhere. And you yourself are a spark of that divinity, divine children of the omnipresent God.





RETREAT

Spiritual retreat is retreat into the heart, a move away from materialism and the material way of life with all its false values.

Only when you strip off the hard bark of the tree can you see what lies beneath. At a retreat, you should strip off that outer bark that covering which conceals the inner soul of man.

When you establish proper communication with the soul, slowly the soul itself begins to blossom and manifest itself as it really is: divinity.

As you look around, here and elsewhere, how many people do you see manifesting themselves in the divine state? Sadly, not many. What you see is the outer bark, the outer material aspect which is rough compared to the soul, the real you that is part of the Divine.

Man needs to examine himself constantly so that he may understand what is happening. Otherwise he will live out his life in a confused state and lose the opportunity to realise divinity in his lifetime.

Man looks far and wide for God, but God is there all the time, in his own heart. When the awakening comes, the heart becomes vibrant and man becomes a beacon of light, radiating love and light. So, while you are here at the retreat, look inside and release the long dormant God-force, so that it shines all around you and reaches out into other parts of the world.

Forget the past and all its difficulties. Leave all that behind you, for nothing can change it. Live in the present, live now, and enjoy the divine state of being for that is what you really are, divinity.



THE ABYSS

The abyss symbolises the state of the lost soul, one who has strayed from the path and sunk further and further into the mire, sucked down by every kind of desire, that is, cravings to satisfy all the sensual desires. The abyss is a bottomless pit and you can sink deeper and deeper if you continue to pursue a selfish and materialistic path.

But at any point you can turn round and immediately see the light, even though it may be very faint when viewed from the depths to which you may have sunk. The path out of the abyss can be found, provided you turn to God and continue unwaveringly in the direction of the light. Light, reality and truth, all are one.

Turning to God means bringing God into your life and establishing a rapport and a strong and vital link at all times. God is the source, your own origin, and it is you who separate yourselves from the Lord through your own wrong actions and thoughts.

The power and love of the Lord are like constant streams of purifying and nourishing water, always flowing, never drying up. If you stay on the right path, the water will always be there to sustain you in your journey through life. But if you choose to stray into the wilderness, drawn in that direction by what you glimpse there, you distance yourself from the stream and you become separated from the very source of life. You then have nothing of any substance to sustain you.

God is the great provider and He will give you everything that you can possibly need during your journey through life. His love is unlimited and He showers it constantly upon all of you.

But the Lord has also given you free will and He will not drag you out

of the abyss, if that is where you choose to exist. Man determines his own state.

My children, do not be tempted by the apparent fascinations which you may experience; they are all forms of illusion, just passing phenomena. Turn instead to God, live in God, live with God, that is the only way to find salvation and lasting peace. In that way, the Lord will lead you out of the abyss, back into the light.





MESSAGE FOR A DEVOTEE (II)

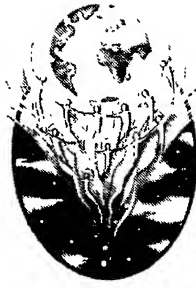
She is My child, one who has tried hard to find her way through life and yet has tripped over many obstacles. But what are these? They are simply opportunities to accelerate the awakening and to transform the soul, cleansing and preparing it for the great awakening.

Life is a game, the divine game of the Lord. God plays it with Himself in the shape and form of His own created children.

Remember the words, "I separated Myself from Myself in order that I could love Myself." Those words give you an understanding of all that is happening in the world. The separation initiated by My love is responsible for the creation of all My children everywhere.

Man, with his limited mind, cannot understand the simplicity of what is happening because he sees everything on a vast scale: millions of people everywhere and so much suffering in many countries. But in one moment the Lord could draw the entire human race back into His hand and merge the totality within Himself.

In the vastness of what you see, people find it difficult to believe that God exists, let alone that He is omnipresent and aware of each and every thought of ours at all times. But God is the totality, and God is such that no one can even begin to understand the whole truth. The whole truth itself IS God, for there is nothing in the world other than God. Only God exists and you are part of that whole which is God.



ESCAPE FROM DARKNESS AND GLOOM

The omnipresent God is like a great beacon of love and light that is everywhere, in the heart, the home, the world and throughout the universe.

Darkness and gloom are manifestations of separation. This is what man experiences when he turns away from God and becomes absorbed in the world, a world full of material attractions appealing to his senses. And he imagines that he will find satisfaction in that world which appears to offer outlets for all his materialistic cravings and sensual desires. But the satisfaction he seeks can never be found in that way. Instead, man must turn to God.

What does it mean, turning to God? It means an inner awakening, releasing the God-force that lies within and allowing that force to manifest itself at all times. Contemplate the idea that you are that force with unlimited power. Look at yourself as you really are and consider how you are using that divine power in your life. What have you been doing in the past? Would you have done those things if you had known the truth?

Now is the time to take a deep look at yourself, and a time to examine your lifestyle, your habits, your purpose in life and your future. How can that future be changed and improved? It can be changed quite simply by changing your way of life and your attitude to it, remembering that what you do and think now will play a part in determining your future.

The habits and lifestyle of the past may seem difficult to change but nothing is impossible. Once you become aware of your true identity and start living your life in harmony with God, then anything is possible. The bodily senses may seem very powerful but they are nothing compared to

the power of God, and they can be subdued if you turn to Him with a pure heart.

All negative thoughts should be replaced with positive ones, and you should bring God into your life at all times. Try to have continuous communication with the Lord and share all your thoughts with Him. Let the love of the Lord shine through you and it will banish all traces of darkness and gloom. God's love is the light of the universe and it flows constantly from the fountainhead which is God Himself.





EXPANSION OF CONSCIOUSNESS

The scope of man's life is normally very limited: daily routines and very little progress in any area of significance.

Man should discover the purpose of his life. He will find a satisfactory answer only if he looks inward and contacts his higher self, the divinity within, the real self. If he does this, he will find a new source of inspiration, a divine force with unlimited energy and knowledge. Within him, man has unlimited powers of expansion because he is capable of becoming attuned to the God-force itself, that which is totally unlimited in every way.

Many centuries ago, Christ said, "If thou canst believe, all things are possible to him that believeth" (Mark 9:23). He was referring to the God within, the unlimited force that can transcend all barriers and bring great joy and happiness.

It is this expansion of consciousness that man should seek in life instead of the material rewards that mean so much to him: power, influence, prestige, reputation, wealth and possessions of every kind. All these represent the false gods, nothing of lasting value.

Everyone should spend some time each day in meditation, putting aside materialistic thoughts and concentrating on establishing contact with the real self, the God within.

Man, know thyself! Those words encourage you to find yourself and to recognise yourself as you really are, a spark of the Divine with unlimited power. When you establish that contact, you should nourish it, so that you may begin to live on a higher level of consciousness and cease to be affected by the ups and downs of daily life. These ups and downs are

transitory, of no lasting importance, and yet at the moment they exert a strong influence on all of you so that your moods fluctuate accordingly.

Once you rise to the higher levels of consciousness and live at that level, all those events cease to have the same meaning and so have less and less effect on you. Instead, you remain happy and calm at all times, merely observing events as they come and go, for that is what they do. They are of no lasting consequence or importance.

Never look down or attach yourself to the events taking place. Instead, look up to God and His eternal values, knowing at all times that you and God are one. That is the expansion of consciousness that everyone should be seeking. And it will bring joy and happiness into your life instead of the frustration and disappointment that most of you are experiencing at present.





LOOKING WITHIN

To look within is to search for the soul, the real you, the droplet of the divine omnipresent God. It is a simple process of quiet meditation. Stop for a few minutes and ask yourself some basic questions:

Who am I?

What exactly am I doing all day? What is it all about?

What do I want?

What are the values that I put on everything?

Where am I going and where will I end up if I simply continue my present way of life?

Am I happy? If not, why not?

How can I find true and lasting happiness?

The truth is that few of you will find lasting happiness if you continue your present way of life. It is a superficial life, rather like a fish that swims only on the surface and has no idea what lies within the ocean. That fish has very limited awareness.

It is awareness that man needs and he cannot achieve it until he explores the mystery of life and the mystery of himself. He has found his body which he can see and feel and he frequently associates himself with the body. But he is not that.

To look within is an expression designed to take man's mind away from the body and help him to look for something else, something more subtle, something that is actually on another plane, the plane of spirit or the level

something that is actually on another plane, the plane of spirit or the level of consciousness which signifies divinity.

The search within is a mental process, an exercise in which you must train the mind to concentrate on one thing only, the soul, the real you, the God within. God is in the heart of every man and you yourself are divine, part of the whole, part of God. God is here, there and everywhere, in everyone and everything, for there is nothing in the world that is not the creation of the omnipresent God.

The problem with man is that he lives as though he is blind, but the eyes are there, if only he would learn to open them and look in the right direction. The eyes of man look at material objects but, really, he sees best when his eyes are closed. Then he sees with the real eye, the spiritual eye, and he can look within and without, even to the most distant parts of the world.

In the final event, mind, soul and spirit become one, that is, one with God, and then there is no mind. That state can be reached in meditation, the state of complete unity, harmony and tranquillity. At that point there comes an overwhelming feeling of peace, love, joy and bliss, an experience of oneness with the omnipresent God.





LIGHT (II)

I am the light of the world. Without My omnipresence there would be no light.

In the beginning there was a void, that is, an emptiness without form or matter. But I was always there, the universal force that is everywhere.

Light is the manifestation of God and has many meanings. "Follow the light" can mean follow God or follow your own instincts when those instincts are a reflection of the God within, the divine spark which is the real you.

Where is the light today? It is everywhere, even in darkness, for there is no place where I am not. You cannot see the light, as you understand light, but the light is there.

"Follow the light" is My message, follow the way of God, follow the call and the teachings of God, then peace and happiness will come into your life, and light will appear, even in the darkest places. See the light everywhere and recognise it as a manifestation of the omnipresent God.

When darkness comes, know the Lord is still there. Darkness has many forms and man experiences it as disaster, depression, agony, failure and in many other ways. Whenever you are confronted by such conditions, turn to God, knowing that He is there and that He will provide the light you need, if only you turn to Him. Your heart is the source of the light within, a storehouse of God's love, the most powerful force in the universe.

Man has everything within his grasp if only he will learn to open his heart and allow love to flow. Then the light will shine and he will become

a beacon, not only for himself but for others. See the light everywhere and blend into it so that you become united with God in all that you do.

I am the light of the world and the source of everything that exists. I am in you and you are in Me, one great light shining forth everywhere. Be merged in that light at all times.





SURRENDER

When you surrender to God, you leave all your problems behind because God Himself takes on the burdens which have distressed you for so long. However, you cannot consider surrender until you know what it is that you are surrendering.

There is much talk about surrender, but very few people really know what it means or what it implies. Surrender is a state or attitude of mind. You surrender your will to the will of God. You make the choice to let your whole life, everything you do, even every thought, be of His will, not yours. You do everything for and with Him.

You constantly ask yourself, "What would He like me to do in this instance?" Then you do it and you dedicate it to Him. You observe the result but you do not concern yourself with it. You accept every result as His will, knowing that only God sees and understands the whole picture and, therefore, only He can understand all that happens in the world.

True surrender brings you closer and closer to God, for you are in constant communion with Him during each day. Also, you begin to see God in everyone and everything, all around you, all the time, everywhere, always. That is the way to experience the omnipresent God.

True surrender will bring peace of mind, a permanent state of tranquility, because there can no longer be anything to worry about. All worries and apparent difficulties are immediately placed at the feet of the Lord and He takes care of them. From that point on, they no longer concern you.

Once you have surrendered completely to God, you experience for the first time absolute freedom from the worries, problems and ills of this

world. You can be happy and even laugh in apparent adversity. Whatever is happening is a game, God's game, and you play your part and enjoy it.

But man has not surrendered! He lives almost entirely for himself and is ruled by his senses and his desires. He has no peace of mind and he will never experience it so long as he pursues that path. Desires, desires, desires, there is no end to them. It is an endless path.

My children, surrender to the Lord, offer everything to Him and He will take care of you and all your needs. Experience the bliss that comes from unconditional surrender and leave behind for ever more the miseries and disappointments of the past.

The choice is yours, the timing is yours. I will always be there, waiting for your call.





UNIVERSAL SAI

Universal Sai is Sai, for Sai is universal, everywhere, everything. I am the Divine Mother and Father of all, the creator of everything. There is nothing that is not of Sai.

Sai is God, Sai is love, Sai is compassion, Sai is energy.

Live in Sai, live with Sai, live for Sai, then both you and the world will be transformed.

My message of love should sink deep into the heart, so that the heart stirs and you become awakened. The spark is there, that spark of divinity, but it is not recognised by many. They look elsewhere and wander aimlessly through life.

Look within, into your own heart, to find what you are looking for, your own divine self, the real you. Come to terms with the duality which is in all, truth and illusion.

So many people live in that state of illusion: lost, confused, frustrated. No wonder they are disillusioned and dissatisfied with their lives for they are living without love. Happiness cannot be found without love.

Turn away from the negative state and accept it as part of your own duality. Learn to live in the world, but do not become part of it. See yourself as you really are, God in human form, and do not confuse yourself with the body. That is simply a vehicle that carries you through life, just as the car carries the passenger.

Universal Sai is the omnipresent God, manifesting Himself in many different forms. They are all part of the whole, and you too are part of that

whole, part of Sai.

True happiness can only come into your life when you recognise yourself as you really are: pure divinity. That is Sai.





MAN AND GOD

Who is God? I am THAT! Who is I? I am the WHOLE, the totality, and you too are part of that whole.

It is like the wave and the ocean. Both are one and they possess the same essential qualities. But the wave appears separate from the ocean for a few moments and seems to have its own form; then it plunges back into the ocean and, once again, is part of it.

It is the same with man. He experiences that sense of separation during his life on earth in a physical body. He loses sight of his true identity and identifies himself with his body. But his true identity has not changed and he is still part of the whole, which is God.

My child, there is only God. God is the total force in the universe, the creator of the manifest world and all within it. Only when you understand the concept of God as the whole, the totality, can you begin to understand who you are. You yourself are part of that force, all power within, all energies are there, if only you can find the way to release them.

How do you release these divine energies? Just turn your mind to God, the source, and unite with Him in all that you think and do. Then you will learn to live in tune with the Infinite and become filled with divine energy, so lacking in the vast majority of mankind.

Man has turned away from God and thinks of himself as an individual. He becomes obsessed with his particular needs and desires. Happiness and peace of mind can never come to him, so long as he lives his life in isolation from God. But the opportunity for awakening always exists and the time for that awakening is NOW. God is here, within and without, waiting patiently for your call.



HONESTY AND TRUTH

Honesty results from a pure heart and pure thought. It is also related to the desireless state because in that state, there is no need to distort the truth in order to achieve or obtain anything.

Honesty and truth are a way of life, the only way. It means more than just what the words imply, because it also means being true to yourself. That purity of heart is visible when the love of God is reflected so clearly and strongly that it shines through, even in the most adverse conditions and circumstances. Such a man has reached a point where nothing can touch him because he has come so close to God that his whole life is based on the solid foundations of truth, love and devotion to God. How can anything touch such a man?

Truth can spread, just like love, and those souls who reach the more advanced stage along the spiritual path can act as pathfinders or guides for others. They are living examples of God manifesting Himself in man at the highest levels, a goal which everyone should seek. That is why I tell you to keep good company, because such people can help you just by their presence and example.

Purity, unity and divinity are words which are familiar to you. Honesty, truth and purity are all one and they will lead you on to divinity, the true state of man at the highest level.



UNITY IS DIVINITY

Man struggles through life in isolation, lost and unaware of his identity. The day that man becomes awakened, that will be his birthday and that will be My birthday.

These occasions when you meet together for My birthday give you the opportunity to think about the reality of life, a chance to establish your own identity and your relationship with all around you.

That is the background to the words "UNITY IS DIVINITY" because all is God and there is only God. That is the fundamental truth, and when you reach a full understanding of that concept, you will start to become awakened, reborn into a completely new way of life. Only then will you find it easy to put into practice the teachings of the Lord.

It will become a way of life, the only possible way, and it will bring with it such great joy and happiness, contentment and peace. It is the only way to find peace of mind, something which is so elusive while you continue chasing after false gods, the false values and ideals which haunt man while he struggles along the wrong path, the path of darkness.

Man must awaken and see the light, then he will be able to see through the illusion of much that he treasures and seeks.

Turn to God and look for God in your own heart. Realise that this is the real you, the spark of divinity that is everything.

All is divine, all is God, and UNITY IS DIVINITY.



HOPE

There are so many problems in life and they are experiences to help you along the spiritual path. Sometimes you give up hope and say to yourself, "I will never get well, I will never overcome this handicap or this apparently hopeless situation." These are negative thoughts and will never help you.

Hope is the key to solving all your problems and that hope should be based on your love for the Lord and your faith in Him and in His ability to help you.

God's power is unlimited. He created the universe and can change anything at will. In you own case, and this applies to all of you, God seldom intervenes, partly because you do not ask Him, and partly because of your own particular *karmic* pattern which has to be worked out by you for your own good and spiritual progress.

Never give up hope or your belief in God, regardless of your concept of God, whatever form it takes. God is there, omnipresent, and you can call Him by any name.

You have all heard the expression "hope springs eternal." That word "eternal" is important because God is the eternal life-force, without beginning or end, a force which transcends everything and can bend every law known to man. But you will seldom witness God transcending these laws. God has given man free will and He allows man to plot his own path in his own time and in his own way. Only when man turns to God in absolute devotion and love does the Lord intervene and, even then, only in a way which the Lord knows will be in your best long term interest.

Let hope spring eternal. Let everyone turn to God and love Him as He loves all of you. Then there will be hope for everyone and the world will become a happier place. And, as you turn to God, so you turn towards each other and begin to see one another as you really are, children of God, droplets of the Divine. And, as you come together, so you help the process of universal integration and the cleansing of the world by eradicating the sense of separateness, so prevalent today.

Life itself is eternity. Life without God is life without hope. Life with God is bliss.



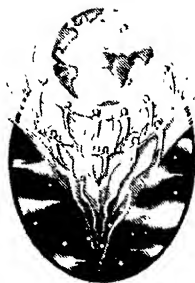


WISDOM

Wisdom is all-knowing. Possessing it means there is no longer any doubt in the mind.

Wisdom grows with the evolution of the soul, natural growth resulting from many lives of experience.

Perfect wisdom exists when man and God are one, at the same level of consciousness, completely merged. At that point, man and God ARE one.



LOVE (II)

You are gathered here today in an atmosphere of love and I am that love. I am here now in the very midst of you and, as you hear these words, some of you will be aware of My presence.

My love, My compassion, and My omnipresence are behind everything and I continually shower My love upon all of you.

Try to live your lives in that atmosphere of divine love and see how it cleanses your whole being. The worries which you have will simply dissolve when flooded by My love.

My love is always there in abundance, everywhere. All you have to do is to open your heart and allow the love to flow, that love being My love.

Love is the greatest healing force and that is why I tell you to return love when faced with abuse, aggression and criticism.

Learn to live your lives on a wave of love, floating above the lower levels where you can see the problems of this life: anger, envy and trouble of every kind. Leave all such negative reactions to those who choose to stay at that level; do not allow yourself to be dragged down to such a level. Rise above negativity at all times, regardless of the provocations that may come your way.

LOVE, LOVE, LOVE, that is My message. Serve the world with love, the most nourishing food that ever existed. That is what the world is crying out for: LOVE.



ORGANISATION

People are drawn to Me when they are ready. Some join Sai centres, others join groups, it is not important which, or even whether they join any part of the organisation. Going to centres every week can become a routine. Many go there to be seen, but it achieves nothing unless the heart is open.

Love is what matters, love blossoming from the heart. Once the love flows, the heart is open and people become transformed, their whole life is transformed.

Those who complain about this or that in organisational matters are usually those who do not understand the meaning of love. Their hearts are closed and they are stuck at a materialistic level. They continue to believe in reports and organisational detail, none of which is important.

The main task of those who hold office is to help others to become awakened and this is best achieved by the example they give through their own lives and by their transformation to the way of God. When you lead an exemplary life, you can inspire people and help them to realise that God IS, and that the opportunity exists for a change in the life of everyone.

How many people are really happy and content? No one can be happy or content until they have found God and opened their hearts. God is love. Opening the heart and allowing the love-force to flow is the quickest way to become attuned to God, to re-establish the link with God, a link or relationship which is always there but which is dormant while you remain so absorbed in the earth life and all its materialistic concepts, desires and attachments.

God is love, always remember that. Love is the life-force, the God-force which is everywhere. I am that and you are part of it. When you open your heart and remain attuned to Me at all times, your life will become permanently transformed. That will be the time to send in a report because that is all that matters, union with God.



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NOTES

"Swamiji, what about this apport? Have you sent it?"

"My child, I have brought it to you, for I am with you, even while you are writing this. That figure [the painting on the leaf - Ed.] is a token of My love. You should look at it constantly, knowing that I am there. Do not lock it away for safe-keeping, but have it near you, not in another room [where LR had put it! - Ed.] There are vibrations in that picture which will help you."

"Swami, can I show it to other people?"

"Yes, yes."

"Swami, is it happy in its frame?"

"Frame not important, picture important."

